

The Person	The Cause	The Effect	The Damage	My Part
Who was/is the object of my <u>resentment</u> or <u>fear</u> ?	What specific action did that person take that hurt me?	What effect did that action have on my life?	What damage did that action do to my basic social, security, and/or sexual instincts?	What part of the <u>resentment</u> am I responsible for?
Names / Institutions / Places	Events / Incidents	Feelings / Emotions / Belief System / Shame / Guilt/ Inadequacies	Loss / Broken Relationships / Financial Fear/ Intimacy Distrust	Character Defects / Choices / Addictions / Behaviors/ Compulsions / Attitudes <u>Childhood Abuse: Write NONE or Not Guilty</u>