

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?
Who or what has brought me <u>joy</u> ?	What specific action occurred to encourage me?	What positive effect did that action have on my life?	What positive effects did that action have on my basic social, security, and/or sexual instincts?	What part of the <u>joy</u> am I responsible for?