

I'm resentful at:	The Cause	What part of self was hurt or threatened?						Where was I to blame?						
List the names of people, institutions, or principles with whom we were very angry.	Why am I angry?	Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Selfish	Dishonest	Self-seeking	Frighteneed	Inconsiderate	The exact nature of my wrong. Be very specific.
Dad	He only communicated his displeasure at my behavior. He didn't teach me anything. He never let me know what it was like to grow up.	X		X			X				X	X		I withdrew from my Dad. I never gave him another chance to even try to connect. I judged him responsible and guilty.
Mom	She always tried to smooth things over. She tried to manipulate and cajole me to do what she wanted. She tried to influence you with her praise.	X		X			X				X			At some point I rejected my Mom's methods and resented her for trying to make me do things. I lost respect for her and did not honor her role or authority.
My brother Ken	He demanded that the family accept him on his terms. He rejected and ridiculed our values and views.	X	X				X				X		X	I wrote him off.
My sister Ginny	She acted superior in choosing to relate to and visit my brother. She never spoke to me, asked me my thoughts, or how I felt about anything.		X						X					I withdrew from my sister and did not desire a close relationship even if it might have been possible.
Aunt Beulah	She was strict. She unjustly punished me for something I didn't do.	X										X		I would try to get away with things behind her back just to be mischevious.
Aunt Lynn	She was strict. She pushed us in our learning but she seemed angry and scary.	X										X		I did not want to try to please her as she didn't seem to offer a caring relationship. I was forced to obey or get into trouble.
Tim Nicodemus, Steve Matlick	They treated me unkindly, excluding me from their "in group" and making jokes or picking on me.	X					X				X			I wanted to be included in their group. I would do things to try to "earn" their respect and acceptance such as smoking, foul language, and coarse jokes.
James Cerda (PCS)	He would sometimes treat me nicely and other times he would treat me harshly.						X		X					I was jealous that he had other friends and would only sometimes hang out with me.
Roxi Hutchins (PCS)	She ridiculed and teased me and hit me taunting me to hit her back which I wouldn't do.	X		X			X		X				X	I was hurt that I wasn't valued and treated kindly. I said and did things to try to hurt her as she had hurt me.
Mr. Reese (PCS)	He was clueless about what was going on in the classroom and demanded no respect.		X							X			X	I would misbehave and try to get away with things in class and disrespect his role and authority.

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Algebra teacher at O'Banion	She couldn't figure out how I could have such good grades in Math but not know what she was talking about in Algebra. She seemed to doubt what I was saying like it wasn't true.		X	X						X						I was mad that she didn't understand my situation and expected more of me than I was able to do.	
Coaches at O'Banion	They didn't explain anything to me. They expected me to know the rules of everything. They discounted me as not important.	X										X				I disrespected the coaches in how they treated me. I gave them minimal effort and did not cooperate passively.	
Principal at O'Banion	He unjustly yelled at me and then punished me for making marks on the school hallway with my shoes (I was dragging my feet). I had white soled shoes that could not have make marks.	X										X				I was mad that he overreacted to an innocent situation and then punished me for no reason. I was mad that he abused his power.	
Bullies at O'Banion	I was threatened repeatedly that I would be beat up after school. I was called names like "faggot" and "queer" among others. I was told that they would come looking for me. I would hide in the bathroom and then leave by a different route to avoid the confrontation.	X	X	X									X			I was mad at and hated them bullies that tormented me and would imagine situations in which I would extract vengeance on them somehow.	
Kent McQuilkin (roommate at BL)	He was moody, sullen, non-communicative. He would get furious, throw things, storm out of the room		X					X				X				I withdrew from him and wrote his off. I judged him not worthy of my time. I disregarded him and treated him poorly.	
Danny Porch, Brian Eifert (classmates at BL)	They ignored and excluded me. They only paid attention to themselves and their own friends.	X	X					X				X				I was mad at them and tried to compete with them. I rejected any gestures they may have made as fake or condescending.	
Nathan Pifer, John Mark Eager, Ricky Floyd, Greg Faircloth, David Eldredge (classmates at BL)	They teased, picked on, and kept me out of their circle of friends.	X	X					X				X				I resented them and the way they made everyone outside their circle feel inferior. I tried to avoid them and criticized them.	
Coach Blanton	He paid attention and hung out with the cool jocks, atheletes, and outgoing guys. He didn't have time for me.	X										X				I was jealous of the athletes that were his favorites. I wished he had paid attention to me or taught me some things.	
Craig Boyett	He was super smart, but lazy, and selfish. He would play around and goof off the night before a major exam.		X					X				X				I criticized him for goofing off even though he would get good grades.	
Richard Houston	He spent some time with me, but he had his own priorities. He didn't have time for me. He couldn't see that I needed someone to teach me some things.		X					X				X		X		I was mad at him for not spending time with me. I would try to show him up by speaking Spanish when he couldn't.	
BlueBell Loader Crew	They mercilessly persecuted me, called me names, gave me the worst jobs, teased me for being weak or lazy.	X	X	X						X	X					I was mad at them for picking on me. I would slack off and not work as hard.	
Tom Arabis, Kurt Smith	Tom treated me OK at first, but then got sullen and withdrawn, ignoring me, hanging out with his own friends.							X				X		X		I wrote him off and did not continue trying to communicate. I treated him poorly and was harsh.	

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Gil Dumas	Gil had super high expectations of some sort and would get mad and offended for every little word or presumed attitude. He didn't seem very stable.							X								X				I wrote him off and did not continue trying to communicate. I treated him poorly and was harsh.
Mike Stewart	He cut me off suddenly. We had been good friends and then one day, with no explanation, he started treating me coldly and never said a word.							X								X				I wrote him off and did not continue trying to communicate. I treated him poorly and was harsh.
Mr. Wenzel	He was an older professor that was clueless, didn't understand people, and treated the students unfairly.	X						X								X				I was resentful of him in how he treated us and devalued his role and authority.
Mike Oliff	Mike treated me condescendingly. I responded to the time and attention, but it felt like I was a project. He then ran away with his mistress, left the country and was never heard of again.					X		X								X				I was mad at him for treating me like that. I wanted him to be honest and share things with me. I withdrew from him and treated him poorly.
Charles Peed	He seemed jealous or threatened by something about me. He acted strangely around me and I wasn't comfortable with him.					X		X								X				I wrote him off and did not continue trying to communicate. I treated him poorly and was harsh.
Chuck Paxton	He was an elder at our church. He was stubborn and wrote a letter telling me why we wouldn't be doing something.		X	X				X								X				I wrote him off and did not continue trying to communicate. I treated him poorly and was harsh.
Tom Winterstein	He was my boss but gave me minimal time or instruction. He seemed angry and sullen most of the time.					X		X								X				I wrote him off and did not continue trying to communicate. I treated him poorly and was harsh.
Mike Anderer	He was the owner. He could be nice, but most of the time he was harsh and critical. He would expect things he never asked for or made clear.					X		X								X				I wrote him off and did not continue trying to communicate. I treated him poorly and was harsh.
Joel Weinbach	He was pretty talented, but did not take time to communicate or teach anything.					X		X								X				I wrote him off and did not continue trying to communicate. I treated him poorly and was harsh.
Doug Ouzts	He was a colleague but then was made a manager. He treated me differently and dropped any relationship or friendship we had.					X		X								X				I wrote him off and did not continue trying to communicate. I treated him poorly and was harsh.
Roy Fairchilds	He was a colleague. He would tease me in front of others a lot. He seemed put off that I didn't drink, smoke, or curse.					X		X								X				I wrote him off and did not continue trying to communicate. I treated him poorly and was harsh.
Deborah Mangels	She was my manager. She would sometimes silently roll her eyes in meetings when I started to say something indicating she would have rather me been silent.		X	X				X								X				I never said anything to her, but was frustrated and felt like quitting one time.

