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| **Step Four—Resentments & Fears** |
| ***Person or institution & why resentful***  | ***How I treat that person or institution*** | ***Have I done what they do to someone or something (eg. institution)*** | ***How I keep the resentment alive*** | ***FEARSWhat do I fear I will not receive?******What am I afraid will/will not happen?******What do I fear they will do?*** |
| MOTHERabandoned me twice, treated me as less than my siblings, racist, judgemental, critical, self-opinionated, extremely manipulative  | I withhold the love a daughter should have by not contacting her regularly,made sarcastic comments,lash out / react badly to her comments | I abandoned the father of my child, think I’m better than others, find fault all the time with everything | Re-runs in my head, justifying my behaviour towards her. I talk about her abandoning me to anyone who’ll listen, mental conversations about what I should have said to hurt her feelings | She doesn’t accept me for who I am, I will never get her approval.She will never love me as much as her other children.I’m alone, unloved, unloveable, not good enough |
| Father |  |  |  |  |
| Siblings by name |  |  |  |  |
| Children by names |  |  |  |  |
| Partner |  |  |  |  |
| Friends |  |  |  |  |
| Workmates / boss |  |  |  |  |
| Real Estate agent / Centrelink etc |  |  |  |  |

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| **Step Four—Fears** |
| **Just list fears, (economic insecurity, sexual insecurity, social fears, fear of being alone, ridiculed, persecuted, ignored, being laughed at etc.)** |
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