

**Helping hints working front sheet 3rd column areas of self statements.**

[See BBA Resentments Worksheet with Target](#)

**self-esteem-**

how I should be able to see or feel about myself- pointing the finger at myself. Internal dialog (Lead role)

**pride-** pointing the finger out at my audience- how others around me should view me in this situation. External Dialog (Audience)

**ambition-** pointing the finger out again- what I want to happen in my outside world. (My script for the world, my demands in this resentment)

**security-** pointing the finger back at myself, what I need to know or feel on the inside to be okay. (internal condition/need/demand)

**personal relations-** pointing the finger at the person/people in my resentment-how they should show up in this situation. (their role, motivations)

**sex relations-** finger pointing back at me- My assigned gender role- how a real man or woman (as me) should show up in this situation. (the role/ motivations assigned to me)

**pocketbook-** I borrowed money from them? they borrowed money from me? I stole money from them? they stole money from me?

Or how have they otherwise affected my income or finances?

Have they wasted my time, money or energy? Have I wasted my time, energy or money trying to buy them, impress them or compete with them? Etc... How does money equate to power or control in this resentment?