

## RESENTMENTS LIST

A resentment is a person, institution, place, or event towards which you continue to experience significant negative feelings.

Who I Resent	What They Did	How It Affected Me	My Part (If Applicable)*

\*In certain cases, such as abuse, you may not have a part. Instead, write about how you can take responsibility for your healing from the harm that was done to you.

# FEARS LIST

It's necessary to have rational fear of things that may harm us. What isn't helpful is the irrational fear that paralyzes us and keeps us from living a life that is in line with our values.

<b>What I Fear</b>	<b>Impact of This Fear</b> How this fear has affected you and your choices/ behaviors.	<b>Distorted Belief</b> The belief that is behind the fear, such as, "Nobody can be trusted."	<b>Realistic Belief*</b> A reality-based belief that considers the evidence for and against the distorted belief, such as, "I can learn to trust safe people"

\*Seek feedback from other people in recovery if this section is difficult for you. A realistic belief is usually a balance between a purely negative and a purely positive belief.

# HARMS LIST

Exploring our past harms not only helps us eliminate shame, but it gives us insight into our unhealthy character traits and lays the foundation for the amends process later on.

Who I Harmed	What I Did <small>Keep this simple and factual. Include dollar amounts if applicable.</small>	Unhealthy Character Trait* <small>This column is filled out in steps 5, 6, and 7.</small>

\*You may need some feedback from others for this section. It can also be helpful to imagine someone else doing this harm and exploring how you would describe that person (e.g. selfish, impulsive, judgmental, etc.).