

How I filled in the first resentment

Column

1 My mom

2 My mom used to say that she didn't want me at times because she couldn't handle me

3 Under social instincts (I go back to the glossary on page 200 to refresh my memory), did it affect my...

- *Companionship?* – yes, because I was always fearful of people close to me not wanting me (I put a C in that column)
- *Prestige?* – yes, because I felt I would not get noticed (I put a P in that column)
- *Self-esteem?* – yes, because I always had a lower feeling of myself; I didn't match up (I put an SE in that column)
- *Personal Relations?* – yes, because I acted out of character towards my mom and others, being weary of them rejecting me, which caused unnatural personal relations with people in general (I put a PR in that column)
- *Ambition?* – yes, because I curbed and tried to manipulate relations so that people would think I was nicer than I thought myself to be (I put an A in that column)

Under security instincts, did it affect my...

- *Material?* – no, because I don't feel that I suffered or was short-changed in any material possessions or money by my mother's action, or my subsequent resentment
- *Emotional?* – yes, because I was emotionally unstable in many ways because of feelings of being inferior (I put an E)
- *Ambition?* – yes, because I was trying to manipulate people and situations so that I could gain both material and emotional security for my future, due to my feelings of inadequacy and fears of abandonment (I put an A)

Under sexual instincts, did it affect my...

- *Acceptable relations?* – no, because the sexual side never really came to mind as a result of this resentment
- *Unacceptable relations?* – no, I never sought other kinds of sexual relations because of my mother not wanting me
- *Ambitions?* – yes, I did not believe I would settle down with a wife because I thought they would not want me once they got to know me (I put an A)

4 Was I...

- *Selfish?* – no, because being wanted by your mom is a natural desire
- *Self-seeking?* – yes, I wanted to be wanted for myself, not thinking what my mother wanted (I put an SS)
- *Dishonest?* – yes, I was always being false, trying to show myself as what I thought people wanted me to be, such as saying I liked romantic movies because some girl I was trying to impress did (I put a D)
- *Frightened?* – yes, because I had all sorts of fears of rejection and abandonment (I put an F)
- *Inconsiderate?* – yes, because I never considered my mother was 20 years old, stuck in a town more than 1000 km from her family and help, with a child that was riddled with colic and screamed most of the time (I put an I)

5 I express my will to make my amends to God through prayer and meditation (I put PM), and to my mother by some form of amends later (I put MA)

Personal Example of My Resentments Inventory Worksheet

	1. The resentment	2. The reason or cause	3. The effect on me			4. My part	5. Future action
			My social instincts: companionship (C), prestige (P), self-esteem (SE), personal relations (PR) and ambitions (A)	My security instincts: material (M), emotional (E), ambitions (A)	My sexual instincts: acceptable relations (AR), unacceptable relations (UR) and ambitions (A)		
	I am resentful towards (or at)...	I am resentful because...					I will... pray and meditate / think (PM) and make amends (MA)
1.	My mom	She didn't want me as a baby	C, P, SE, PR & A	E & A	A	SS, D, F & I	PM & MA
2.	Girl from England	Broke up with me and left for England the next day	C, P, SE, PR & A	E & A	AR, AU & A	S, SS, F & I	PM & MA
3.	Education system	They don't have proper grants for tertiary education	P, SE & A	M, E & A	-	SS, F & I	PM
4.	God / deity	He's the boss, I must follow the rules but had no choice in being born or not	P & A	M & A	UR & A	S, SS, F & I	PM
5.							

How I filled in the first fear

Column

1 Spiders

2 I've heard of spider bites and what they can do to people if the spider is poisonous enough, but I've never actually been bitten. I have seen pictures of bites that have rotted the flesh away. I come over cold and sweaty when I see spiders on the nature programs on television. I had an experience in the bush-veld, where I was doing a conservation practical on random animal counts and went under a low thorn tree. I walked into a thick neon yellow spider web, which pulled this neon blue spider onto my face; it was about the size of my palm. It ran off my face, down my neck and onto my shoulder, where I was able to flick it off. I was finished! I went cold and felt faint. I had nightmares for years afterwards. My logic tells me that nothing will really happen, but I cannot deal with it.

3 I realize that spiders are one of God's creations and that I really do not trust Him much if I think that He could not protect me from a little spider. I need to prepare myself to have Him remove this fear, so I put down PM for prayer and meditation.

Personal Example of My Fears Inventory Worksheet

	1. The fear	2. The reason or cause	3. Future action
	I am fearful of...	I am fearful because...	I will... pray and meditate / think (PM)
1.	Spiders	Their speed, their creepiness and they bite and could have poison	PM
2.	Rejection	I am scared when I think that people will ignore me or laugh at me	PM
3.	Abandonment	I am scared that those I love too much might one day just up and leave me	PM
4.	Hell	I am scared I don't 'make the grade' and end up in hell for eternity one day	PM
5.			

How I filled in the fourth harm

Column

1 Bricklayer

2 In the construction industry, soiling another man's reputation can leave him without work and bankrupt. It is one thing to be asked about the quality of an artisan's work and be honest, but quite another thing when you make it your mission to 'get the guy'; I believe that you are then playing God. I know that he lost work because of my explicit intention of hurting him.

3 Was I...

- *Selfish?* – yes, because I had no thought of the difficulties he might be experiencing (I put an S)
- *Self-seeking?* – yes, I wanted the work done exactly my way with no room for any deviation (I put an SS)
- *Dishonest?* – yes, I made him seem much worse than he probably was. I used statements like, "He's the worst bricklayer I've ever worked with." (I put a D)
- *Frightened?* – no, because I didn't care what he said or thought; I never even thought about his reaction
- *Inconsiderate?* – yes, because I never considered any scenario as to why he couldn't keep up with the building program. If I think about it now, he could have had labour issues, transport problems, personal hassles at home; I never bothered to ask or listen (I put an I)

4 As it is a harm I have done, I will want to make amends to God, which will restore my relationship with Him. I am willing to make amends with the harmed party, which will either restore my relationship with them, or at least clear my side of the street. That is why I will always put PM and MA under harms.

Personal Example of My Harms Inventory Worksheet (Sexual and Non-sexual)

1. The harm	2. How I harmed	3. My part that caused the harm	4. Future action
Whom did I harm? I harmed...	What did I do? I...	Was I... selfish (S), self-seeking (SS), dishonest (D), frightened (F) or inconsiderate (I)?	I will... pray and meditate / think (PM) and make amends (MA)
1. My mom – NSX	Swore at her, heaped guilt and blame on her.	S, SS, D, F & I	PM & MA
2. Ex-girlfriend – SX	Slept with her, with no thought of her feelings or need	S, SS & I	PM & MA
3. Old school – NSX	Threw rocks through as many windows as possible	S, D & I	PM & MA
4. Bricklayer – NSX	Bad-mouthed his name to all other contractors	S, SS, D & I	PM & MA
5.			

How I filled in the third good quality

Column

- 1 Comical
- 2 I have always had a good sense of humour, and I used to like telling myself that it is because I liked to make people laugh. But after analysing the situation properly, I realized that when people didn't find me funny or ignored me, I used to feel incredibly hurt and upset. This allowed me to understand that I was only seeking attention and had little or no regard for other people's wellbeing or making them happy.
- 3 My true motive is the 'Wrong' moral standard. As I've mentioned in Chapter 2, any motive that is primarily for the benefit of self is wrong. The ultimate motive is out of love for God, but by helping or benefiting someone else, we are showing God's love to others and this pleases Him. My primary concern was for my interests and feeding my own ego. I was self-seeking, not really interested in whether others were really happy or not.
- 4 I will pray and meditate, so I put PM in the column. I will ask God for forgiveness for my self-seeking motive and ask Him to instil a new moral standard in my life, whereby I do things for the benefit of others, so that ultimately His glory might shine. I realize this will not necessarily change overnight, so I will continue to pray this prayer until there is a genuine change.

Personal Example of My Good Qualities Inventory Worksheet

	1. The good quality	2. Motive	3. Quality of the motive	4. Future action
	What are my good qualities? I am...	What is my reason? I am..., because...	What was my moral standard in this motive? Right or Wrong	I will... pray and meditate / think (PM) or pray and thank God (PT)
1.	Honest	Scared of being caught and looking stupid.	Wrong – Self-conscious	PM
2.	Fair	I believe in "do unto others as you would have done to you"	Wrong – Self-interest	PM
3.	Comical	I want people to like me and focus attention on me	Wrong – Self-seeking	PM
4.	Punctual	I know how it feels to have to wait for someone	Right – Considerate	PT
5.	Methodical	People don't struggle later when you've done it right first time	Right – Helpful	PT

Personal Example of My Amends Worksheet

Name of the party harmed	Prayer and meditation	Immediate amends (I) or deferred amends (D – put approximate time and date)	No direct contact	Check when done
My mom				
Girl from England				
Old school				
Bricklayer				

The first 2 names in the first column were taken from my example Step 4 Resentments worksheet and the second 2 from my Harms worksheet

How I filled in the Amends worksheet

Column

Prayer and Meditation I tick all the harms, under the 'Prayer and meditation' column, because we should always pray and think before we do anything. My main harm was always to the Lord, and I want to restore my relationship with Him. After praying, I spend a bit of time thinking over the harm, and just leave time for God to speak to me. He normally does this through thoughts, and I gain clarity of understanding.

Immediate amends (I) *My mom* – it is an immediate and direct amends, because she is close by and I want to make restitution (restore our relationship).

or deferred amends (D) *Girl from England* – I am married and she might be too. I do not want to make any direct contact with her, as this could cause complications in both our relationships. I therefore put N/A (not applicable).

Old school – My old school is in another province and the teachers there are not the ones who were there when I was there, so I will write a letter. I will do it in November this year when my work is winding down.

Bricklayer – I will see him at work tomorrow, and will make an appointment with him at 4pm when the workers are packing up, and make my amends.

Personal Example of My Amends Worksheet

Name of the party harmed	Prayer and meditation	Immediate amends (I) or deferred amends (D – put approximate time and date)	No direct contact	Check when done
My mom	✓	I – immediate		✓
Girl from England	✓	N/A	✓	✓
Old school	✓	D – December this year		
Bricklayer	✓	D – Tomorrow, 4pm		

How I filled in the first entry on the Personal Inventory worksheet

Question

Do I have resentment?	Yes – he disobeyed the rules of the road and could have caused an accident and harm (I tick the box)
Have I harmed?	Yes – I verbally abused him (I tick the box)
Was I selfish?	No – I was not thinking of myself
Was I self-seeking?	Yes – I wanted him not to inconvenience me (I tick the box)
Was I dishonest?	No – there was no proper interaction
Was I frightened?	Yes – very frightened as I nearly drove into him (I tick the box)
Was I inconsiderate?	Yes – I never considered anything of what might be going on in his life that may have caused him to do what he did (I tick the box)
Do I need to make amends?	No – it is impractical to do so in the middle of the traffic. If I could, I would say something like, “In my recent dealings with you, I was self-seeking, frightened and inconsiderate, and I might have harmed you with my verbal abuse. I just want to say that I am truly sorry for this.”
I need to pray and meditate	Not optional, as I need to restore my relationship with God. I pray something like, “Dear heavenly Father, I come to you to confess that I have been self-seeking, frightened and inconsiderate, and this has led me to verbally abuse one of your creations. I ask you to forgive me for possibly hurting that taxi driver, and I ask that you bless him with all the grace and blessings you give me. Lord, please heal his hurt, and I ask that you restore my relationship with you. I ask, Holy Spirit, for the guidance and strength to hand these shortcomings over to you, as I know I cannot change these things in myself; but you can. I ask this all in Jesus’ name. Amen.”

Example of My Personal Inventory Worksheet

Daily personal inventory		People, Institutions and Principles			
Checks		A. Taxi driver	B. Steel fixer	C. Municipality	D. My wife
1.	Do I have resentment?	✓		✓	✓
2.	Have I harmed?	✓	✓		✓
3.	Was I selfish?				✓
4.	Was I self-seeking?	✓	✓	✓	✓
5.	Was I dishonest?			✓	
6.	Was I frightened?	✓	✓		✓
7.	Was I inconsiderate?	✓	✓	✓	✓
8.	Do I need to make amends?		✓	✓	✓
9.	I need to pray and meditate	Done	Done	Done	Done