1. Name of person feeling anger towards.

2. What's the resentment.

3. (selfishness) What would I have liked her to do.

4. (dishonesty) What am I denying about the relationship...What are my needs or wants...What's the truth.

5. (people pleasing) What did I do to please the person.

6. What's my part in it.

7. The lie I told myself.

8. The lie outside...What do I tell others about our relationship.

9. The lie of omission...What would I like to do to her...Get it all out.

10. (self seeking) What did I do in this situation, how did I satisfy my emotions.


12. What character defects did I use.

13. What could I have done better.

14. What could I do now about the situation.

15. What's the truth of it all.

16. Write a prayer for her...Write a prayer for me...Write a prayer for the relationship.