1. The Person	2. The Cause	3. The Effect	4. The Damage	5. My Part
Who is the object of my resentment or fear?	What specific action did that person take that hurt me?	What effect did that action have on my life: both past and present? (How did it make you feel?)	What damage did that action do my to my basic social, security, and/or sexual instincts?	What part of the resentment am I responsible for?
Person, Place, Institution	Event	Feelings	Belief Systems, Losses, Insecurities	Character defects, Behaviors, Choices