

## Step 4 Worksheet

Part 1 is filling out this form (add rows as necessary)

My complaint/what/who do I have an emotional problem with? (one at a time)	What specific event occurs that gets me so upset? (can be more than one)	What upsetting feeling wells up within me when that specific event occurs? Helps to write a bit - may be more than one [and each will need a separate 4th column]; some of my true feelings may only become evident when I write out exactly how I react/what I want to do when that event occurs)	What kind of a person reacts that way to such an event? In other words, what character defect must I have if I react this way? Litmus test: If I really believe this, then I find that I no longer truly blame the other person for the way I feel. They may have done me wrong - but that is not necessarily my problem any more, but theirs.

Part 2 is writing all the things you can think of that you did wrong which you have hidden in the past (just for yourself).