

## STEP FOUR | QUESTIONS TO BEGIN THE WORK...

1. Who or what are the people, places, and things that trigger feelings of resentment, and why?
2. What did I do that contributed to that resentment?
3. How do these resentments affect my life and my relationships with others?
4. Who or what do I fear and why?
5. How do I respond negatively to my fears?
6. Who or what triggers feelings of shame or guilt for me?
7. What feelings do I struggle to allow myself to feel? How do I act out because of this?
8. How do my fears and resentment affect my relationships?
9. How do you describe a healthy relationship?
10. Do you have any secrets you haven't shared with anyone or that you haven't written about yet?