***Grieving Anonymous 4th Step worksheet***

**Directions:** Fill out each field as brutally honest as possible. Healing requires true honesty. You may feel guilt about your resentment. That is a resentment to understand. Be specific and find your part in each listing.

**Loss:** What are you feeling loss over? Death, end of a relationship, employment? Any life change where you felt a sense of loss. (Refer to your Grief Timeline for these instances of loss. How did you fell then and how about now?)

**What do I feel?** Be honest in your feelings. Yes, you may feel sad, depressed, etc. Are you angry? You can have multiple emotional reactions for a loss. List them all.

**Why do I feel this way?** Deep honesty is required. You may feel guilty because you cannot change a past event or reaction. You may feel happy because of the drain of energy it was to care for the person or relationship and you were tired. Think of each reaction you have had.

**Resentment:** A resentment is not necessarily anger. If is a negative feeling that is based on a fear. For example: “I am resentful that my ex left me with our baby.” I may feel envious of this because he/she has freedom to go out and I am limited. The resentment is loss of freedom or the ex-not doing their part. My part? Maybe that I gave in on custody or did not fight enough for custody. Could be asking for child support for childcare so you can go out. It could be self-resentment for even feeling that way. Resentment can be a vicious cycle.

**My Part:** What part did you play in the resentment? You deep down may say you are resentful because you were not ready to have a child. Is that a resentment of the ex, you or even the child? All three?

**Fear:** Most emotions and resentment are due to facing a primal/core fear in your life. These fears can manifest from childhood or another dramatic event. (Abuse in a relationship, another loss that happened earlier). Examples of a primal fear; financial security, being alone, being unloved, not worthy or deserving, sexual fears, etc. Think deep as to what fear you faced or are facing during the loss.

The first line is an example. Please fill in the rest. Print or add rows as needed.

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| **Loss (who/what)** | **What do I Feel?** | **Why do I feel this way?** | **Resentment** | **My part** | **Fear** |
| Marriage | Angry | I had no warning, surprised | She left me alone | I did not pay enough attention to her; this should not have been a surprise | Being alone, feeling unloved, finding another partner, sexual satisfaction, financial (Alimony, child support?) |
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