



Column 5

People Institutions Principles	Why I am resentful	Affects my...	Prayer Column	Where was I at fault?
Lena	<ul style="list-style-type: none"> • Talked behind my back • Rude • Challenges everything • Negative attitude 	SE/PR/A/F PR/A A/PR/F A/PR		<p>Selfish – I wish she wasn’t talking behind my back. I wish she wasn’t trying to ruin my reputation</p> <p>Dishonest – I expected her to be nice</p> <p>Self-Seeking – I want her to like me even though I don’t like her.</p> <p>Frightened – What did she say about me? What do people think about me? How long will it take to fix my reputation.</p>
I’m fat	<ul style="list-style-type: none"> • Can’t lose weight • I’m comfortable in my body • I don’t like how clothes look on me. 	SE/A/F/SR SE/A/S/SR/F SE/A/SR/F		<p>Selfish – I wish I was thin. I wish I didn’t have a problem with food.</p> <p>Dishonest – Believing that should fit an unattainable image.</p> <p>Self-Seeking – I don’t believe people when they compliment me. I dismiss their compliments.</p> <p>Frightened – I will always have poor self-esteem.</p>
Health Care System	<ul style="list-style-type: none"> • It takes so long to get answers • My son isn’t important to them • His school is frustrated • My son isn’t getting help. 	A/PR/SR/F A/F A/SE/PR/SR/S A/F		<p>Selfish – I want my son and family to be treated better.</p> <p>Dishonest – I wasn’t good about following up, even though I was told that I should.</p> <p>Self-Seeking – We aren’t the only family waiting. I want to be moved to the top of the waiting list.</p> <p>Frightened – We won’t get the help we need. My son will end up not being able to care for himself. My son will miss out. We will be seen as bad parents.</p>