

**The Realization:** (pray - God, please help me open my eyes and see the truth about me)

The truth is ....

**I was selfish:** How?

**I was dishonest:** (I can do whatever I want but no one else can)

**I was self-seeking:** (I want them to do what I want them to do so I can look and feel good)

**I was afraid:** (I was afraid of looking bad, feeling bad, being rejected, not respected)

**I placed fault:** (I expected... )

**I placed blame:** (he/she/they did it anyways, and I got angry, hurt, and resentful)