

Column 1 The Person	Column 2 The Cause	Column 3 The Effect	Column 4 The Damage	Column 5 My Part	Column 6 The Good Stuff
<p>List the people in your life that you are angry with, that have hurt you, or that you fear. Go as far back as you can.</p>	<p>List the specific actions that someone did to hurt you. What did the person do to cause you resentment or fear?</p>	<p>Write how specific hurtful actions have affected your life both in the past and in the present.</p>	<p>Write what the damage looks like in three particular areas: social, security, and sexual.</p>	<p>What part of the anger, hurt, or pain are you responsible for?</p>	<p>Write down the positive things that have happened to you, including healed relationships, changes you've made since coming to The Landing, and so on.</p>