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Professor Herschlein

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Step Four

What people, places or things do you resent and what led to those resentments?

I hold resentments toward the churches I previously attended, some former friends, and to some family members. I believe that many of these resentments stem from feelings of rejection, betrayal, and being misunderstood/misrepresented.

How did your behavior contribute to your resentments?

I think that I can be inconsiderate of the perspectives of others when I am hurt or upset, so I think that part of the issue could be that I am not considering the ways that I may have wronged the other parties in my experiences.

How have your resentments affected your life, your relationships with others and yourself?

My resentments have caused me to be much less trusting in others, which has limited my ability to foster healthy, vulnerable relationships with potential mentors and friends. I think that it can also put unnecessary pressure onto my fiance, with whom I trust the most; I think that at times it can make him feel like he has to fulfill every social role in my life that others should probably be fulfilling.

Who or what do you fear and why? How do you respond destructively or negatively to your fears?

I fear rejection the most. I think that my desire to be accepted and understood stems from a deep fear that if I am perceived negatively or if I become vulnerable and show myself that I will be rejected by the people that I love and care for. This fear drives me into very shallow relationships at this point, and also makes me overthink and become very self conscious.

Who or what do you feel ashamed or guilty about?

I feel ashamed for the way that I have handled certain situations that resulted in my current resentments. As I stated in a previous question, I feel that in my hurt I can be inconsiderate to others by lashing out or cutting them off. I can also be very harsh in these situations and I am not proud of that.

What feelings do you have the most trouble allowing yourself to feel, and how do you act out?

I have a lot of trouble feeling sadness, and my sadness is often expressed as anger, irritation or apathy. When I am sad I become defensive and irritable, which usually results in me saying very harsh things and becoming irrationally upset.

How have your fears and resentments affect your friendships, and your family, work and romantic relationships?

My fears and resentments have caused me to build an emotional wall with the people in my lives, except in my romantic relationship and with my counselor. I have a great lack of trust in people and it bars me from engaging in wholly healthy relationships with them.

What do healthy relationships look like to you?

To me, a healthy relationship is one where you are safe to be vulnerable and heard, but also where you feel safe to receive from the other person, whether this be in correction, encouragement, or their own expressed vulnerability.

Are there secrets that you haven't told anyone or written about in your step work?

Yes, there are.