

FIORE COUPLES COUNSELING

NAMING RESENTMENTS WORKSHEET

<b>Description of resentment (e.g. felt resentment toward my husband)</b>	<b>What was going on that caused it? (e.g. husband flopped down to watch TV instead of helping with children)</b>	<b>What would you like to Label this category of Resentment? (e.g. Lazy husband resentment)</b>	<b>What is fix for this kind resentment?(e.g.ask husband to help, have agreement with husband around who does what).</b>

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