Worksheet No. 12 ***RESENT-DEMAND-APPRECIATE***

Directions: *Many of the conflicts we have with people close to us are value conflicts. We see life differently. A lot of these value conflicts generate strong feelings of resentment. Only by bringing these to the surface can they be dealt with. In* ***column one*** *list the 10 people with whom you come into closest contact day by day. In* ***column two f****or at least 3 of those people, write a sentence or two which expresses a resentment you have about a behaviour trait they have. Then, realizing that behind every resentment, there is an implied* ***demand,*** *write in what you really want to see changed. But our resentments and demands would mean more, if we would try to see things from the other person's point of view. So, in the* ***'Appreciate' column,*** *write down that you appreciate why he/she behaves as they do.*

PERSON	*RESENT*	*DEMAND*	*APPRECIATE*