



MONEY: MODULE 3
ENDING FINANCIAL
SELF-SABOTAGE

YOUR RESENTMENT

Please choose now a rich person whose wealth you have been resenting. A person you are even jealous of. It does not have to be someone you know personally, it can also be someone you follow on Social Media but where your feelings are not joyful but rather tainted by negative feelings of envy.

Analyze the behavior of this person by asking the following questions:

1. What disturbs or annoys you about his gestures, his facial expressions?
2. What in his speech makes you realize that you don't like this person?
3. What do you think this person thinks about you or would think about you if they knew you?
4. What do you think about him or her?
5. What do you think this person values most?
6. Whom does this person resemble to and in what exactly?
7. What is your main feeling towards him or her?
8. What could be the worst thing that he or she can do to you?

