

Lesson Plan - Session 13 – Step 4 – Character Flaws, Character Assets

Time	Activity
0:00	<p>Opening Prayer</p> <p>Plan for the session</p> <p>Catch-up sharing</p> <p>Share Exercise 4.1</p> <p>Share Exercise 4.2</p> <p>Discuss assignment of Exercise 4.3</p>
0:05	Catch-up sharing, if any
0:10	<p>Share Exercise 4.1 – Character Flaws</p> <ul style="list-style-type: none"> • Go around circle. Ask each man to state a Character Flaw. Should be less than 30 seconds per man. State the flaw and if feeling compelled to describe, limit to a few phrases and 30 seconds of talking. Think “lightening round”. • When finished with first trip around circle, second round for those who have something that was not mentioned. Other should pass. • Third round, if anyone has anything that has gone “unsaid”. • Final observations or conclusions from participants • From leader(s) • After this, OK to share with wife, ask her input. Not required; may be beneficial if each of you are progressing in recovery; may not be a good idea if she is not engaged in recovery or not emotionally balanced at this point. If not a good idea, continue to work on other intimacy exercises. Do not be surprised if her ratio is 2:1 in the opposite direction – that is, twice as many flaws as assets.
0:40	<p>Share Exercise 4.2 – Character Assets</p> <ul style="list-style-type: none"> • Use instructions from Exercise 4.1
1:10	<p>Discuss Resentments (pages 358-361) and Exercise 4.3</p> <p>Discuss instructions on template for Exercise 4.3</p> <p>Highlight readings on Resentments – notes in Leaders Guide may be helpful.</p>
1:20	<p>Assignments:</p> <p>Review the assignments on the Overview for the next session.</p> <p>Complete Exercise S-4.3, Resentments</p> <p>When finished, read about Fears, p. 107-108</p> <p>Final questions or comments</p>
1:25	Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

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Leader Discussion Notes

Thoughts on Character Flaws and Assets

Defensiveness – she pushes the buttons that I have not resolved yet

Assets – Which 2 Character Assets will be my focus today? (strengthen them through use)

Wisdom – seeing things the way God sees them. Ask for wisdom everyday.

Resentments

Exercise 4.3 – read instructions together; encourage use of template. See examples in Step 4.

General thoughts:

- Resentment – indignation or ill will stemming from a feeling of having been wronged or offended; often resulting in anger toward someone or something.
- Resentments fuel our uncomfortable emotions which ultimately led us to medicate by acting out sexually.
- Resentments cause unrighteous anger.
- Identify as many people, situations, etc. as come to mind. Do not worry how long the list is. You can reorder to prioritize those that most negatively impact you. For many men, the first 2 entries will include at least 2 of the following: wife, father, or mother. It is OK to have God on your list.
- When completing the inventory of resentments, if you have listed a large number of people or situations (e.g. 10, 20, more), keep the entire list, but, as stated above, reorder the list to first focus on those that generate the most resentment first and complete the table for them before investing time and emotional energy on the others. Better to “fully” work the process on the top 6 resentments than to “half-work” the process on 20 resentments. You can always come back to the list later.
- Be cautious with sharing your resentment list. It is probably better to wait to share with individuals on this list until you work Steps 8 & 9 and are better prepared to discuss your resentments in the context of making amends.
- For the cause and its effect on us, be as specific as possible. We must properly identify the situation or problem before we can make any progress working on it. Be specific about details that caused us to hold onto the resentment.
- Working on a resentment begins in earnest with identifying my role in creating or nurturing the resentment. What mistakes did I make? Admitting where we are at fault in holding on to this resentment is critical to our healing.

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- Working on resentment culminates in a prayer for God to change me and to bless the other person. We cannot change the person resent, but we can change our perspective on this person, thus reducing or eliminating the negative effect the resentment has on us.
- Forgiveness is not for them, it is for us (me) so that we do not continue to sip on the poison that has kept us ill for most of our lives.
- We must learn to pray for these individuals (or situations) so that we can find healing. We will be asking God to bless and heal them just as we seek His blessing and healing for us. We do not pray for God to “fix” them.
 - For the person you resent, ask that they can have or experience everything that you want for yourself. You will be free!

You may need to revisit resentments multiple times – they may resurface. It still hurts!