

The Walk

WORKBOOK

Martin Pfeil

THEWALK.LOVE

How to use this workbook

This workbook goes with Chapter 4, *Clearing the Way*, and Chapter 5, *Making It Right*. You will need a pen and some honest time. Don't do this in your head. Writing it down makes it real, and it keeps you from skipping the parts you don't want to see.

Each inventory is laid out across an open spread: two columns on the left page and two on the right, so one line of writing runs across all four columns. Write one person, fear, or relationship per row, straight across both pages.

When you finish, the next step is not to hide these pages. It is to read them out loud to a trusted person.

Your trusted person is not a counselor. If what you are carrying is very heavy, like abuse, addiction, or thoughts of hurting yourself, please also talk to a professional.

The five blocks

These are the bricks in the wall between us and God. You will look for them all through these inventories, and for the rest of your life.

- **Selfish**: putting what I want ahead of everyone else.
- **Self-seeking**: working angles to get my way.
- **Dishonest**: lying to others, or to myself.
- **Inconsiderate**: not thinking about how I affect people.
- **Afraid**: letting fear make my choices.

NOTES

Resentment

Make a list of every person, group, or thing you are angry at or hold a grudge against: parents, exes, bosses, friends, brothers and sisters, a church, a company, the government, even yourself. Don't skip anyone because it seems small or old. If it still stings, it goes on the list.

Next to each name, write what they did in 20 words or less. Then write what it hurt in you: your pride or sense of worth, your sense of safety, your plans and hopes, your relationships, or your money.

Now the most important part: what you did. Look only at yourself, and check for each of the five blocks. Where were you selfish? Self-seeking? Dishonest, with them or with yourself? Inconsiderate? Afraid?

RESENTMENT	WHAT THEY DID	WHAT IT HURT IN ME	MY PART
My brother	Borrowed two thousand dollars and never paid it back, and acts like it never happened.	Money, pride	Selfish: lent it to look generous. Dishonest: never told him it bothered me, just complained to others. Afraid: of looking cheap.
My boss	Gave the promotion to someone newer than me.	Pride, plans, money	Self-seeking: wanted the title more than the work. Inconsiderate: I've been cold to the person who got it.

Some things were done to us that we did not cause in any way, especially as children, or by people who abused us. If that is true for you, write **“none”** in the last column. The only thing that is yours may be that you are still carrying it, and that is not a fault. It is a wound. This work is never about taking blame for harm that was done to you.

RESENTMENT

Who I'm resentful at

WHAT THEY DID

In 20 words or less

WHAT IT HURT IN ME

Pride / self-worth · safety · plans & hopes · relationships · money

MY PART

Selfish · self-seeking · dishonest · inconsiderate · afraid

RESENTMENT

Who I'm resentful at

WHAT THEY DID

In 20 words or less

RESENTMENT

Who I'm resentful at

WHAT THEY DID

In 20 words or less

WHAT IT HURT IN ME

Pride / self-worth · safety · plans & hopes · relationships · money

MY PART

Selfish · self-seeking · dishonest · inconsiderate · afraid

RESENTMENT

Who I'm resentful at

WHAT THEY DID

In 20 words or less

RESENTMENT

Who I'm resentful at

WHAT THEY DID

In 20 words or less

WHAT IT HURT IN ME

Pride / self-worth · safety · plans & hopes · relationships · money

MY PART

Selfish · self-seeking · dishonest · inconsiderate · afraid

RESENTMENT

Who I'm resentful at

WHAT THEY DID

In 20 words or less

RESENTMENT

Who I'm resentful at

WHAT THEY DID

In 20 words or less

Selfish · self-seeking · dishonest · inconsiderate · afraid

RESENTMENT

Who I'm resentful at

WHAT THEY DID

In 20 words or less

WHAT IT HURT IN ME

Pride / self-worth · safety · plans & hopes · relationships · money

MY PART

Selfish · self-seeking · dishonest · inconsiderate · afraid

NOTES

Fear

List your fears. Money. Your job. Your health. Being alone. Being rejected. Your kids. Getting old. Dying. The state of the world, politics, the news. Anything that keeps you up at night.

Next to each fear, write how you tried to manage it, because that is what we did. Instead of trusting something bigger than us, we tried to handle the fear ourselves.

Then write what that managing made you do. Look at how much of your life was run by fear. We thought we were in charge. Fear was.

MY FEAR	HOW I TRIED TO MANAGE IT	WHAT IT MADE ME DO
Not having enough money	Worked 60 hours a week, checked my bank account constantly	Missed my kids' games, snapped at my wife about every purchase
My partner leaving me	Checked their phone, needed to know where they were	Lied about snooping, started fights out of nowhere

Fear has been a bad boss. There is another way: to trust that God is bigger than the thing you are afraid of, and to do the next right thing anyway.

MY FEAR

Money, job, health, being alone, rejection, kids, getting old...

HOW I TRIED TO MANAGE IT

What I did instead of trusting

MY FEAR

Money, job, health, being alone, rejection, kids, getting old...

HOW I TRIED TO MANAGE IT

What I did instead of trusting

MY FEAR

Money, job, health, being alone, rejection, kids, getting old...

HOW I TRIED TO MANAGE IT

What I did instead of trusting

What I did instead of trusting

NOTES

Relationships

Look at your close relationships: your partner, past partners, kids, parents, brothers and sisters, close friends. For each one, ask how you really showed up. Which of the five blocks showed up with them? Who got hurt because of it, and how? Looking back, what would the honest, caring thing have been?

PERSON	HOW I SHOWED UP	WHO I HURT AND HOW	WHAT I WANT TO BE INSTEAD
My wife	Distracted, short-tempered, on my phone at dinner	Her, because she feels alone, and our kids, because they see us fight	Present, patient, phone away at dinner

Then write down what kind of person you want to be in your relationships. Not perfect. Honest, kind, and present. This gives you something to grow toward.

PERSON

Partner, past partners, kids, parents, siblings, close friends

HOW I SHOWED UP

Which of the five blocks showed up with them?

The honest, caring thing

PERSON

Partner, past partners, kids, parents, siblings, close friends

HOW I SHOWED UP

Which of the five blocks showed up with them?

The honest, caring thing

PERSON

Partner, past partners, kids, parents, siblings, close friends

HOW I SHOWED UP

Which of the five blocks showed up with them?

The honest, caring thing

PERSON

Partner, past partners, kids, parents, siblings, close friends

HOW I SHOWED UP

Which of the five blocks showed up with them?

The honest, caring thing

NOTES

Making it right

Go back to your pages: what you did in each resentment, and how you showed up in your relationships. Every person you hurt goes on this list. Then think wider. Who else have you lied to, cheated, used, ignored, or treated badly? Next to each name, write what you did and what it would take to set it right.

PERSON	WHAT I DID	WHAT IT WOULD TAKE TO MAKE IT RIGHT	DONE
My sister	Didn't speak to her for two years over Mom's will	Call her, own what I did, and ask if we can start over	
My old boss	Took tools from the shop when I quit	Return them or pay for them	
My son	Yelled at him constantly and missed his games	Tell him I was wrong, and show up, every time, from now on	

Talk the list over with your trusted person before you go to anyone.

Never make something right in a way that causes more harm, to them or to anyone else. If someone hurt or abused you, you do not owe them a visit. If anything could involve the law, serious money, or someone's safety, get advice from a professional first.

PERSON

Everyone I have hurt

WHAT I DID

Date & notes

PERSON

Everyone I have hurt

WHAT I DID

WHAT IT WOULD TAKE TO MAKE IT RIGHT

Money, a truth never told, "I was wrong," living differently

DONE

Date & notes

PERSON

Everyone I have hurt

WHAT I DID

Date & notes

NOTES