### **Basic Instincts of life which create self**

### **Social Instinct Sex Instinct Security Instinct Companionship** – wanting to belong or to be Material – Wanting money, buildings, **Acceptable** – Our sex lives as accepted by property, clothing, etc. in order to be secure in Society, God's principles or Our own accepted the future. principles. **Prestige** – Wanting to be recognized, or accepted as a leader Emotional – Based upon our needs for another Hidden – Our sex lives that are contrary to person or persons. Some tend to dominate, Society, God's principles or Our own **Self-esteem** – What we think of ourselves some are overly dependent on others. principles. **Ambitions** – Our plans to gain material wealth, **Ambitions** – Our plans regarding our sex lives **Pride** – An excessive and unjustified opinion of oneself, either positive (self-love) or negative or to dominate, or to depend upon others. either acceptable or hidden. (self-hate). **Personal Relationships** – Our relations with other human beings and the world around us.\_\_ **SELF** Ambitions – Our plans to gain acceptance, power, recognition, prestige, etc. **WRONGS** Resentments **Harms or Hurts** Fear Feelings of bitter hurt or indignation which Feelings of anxiety, agitation, uneasiness, Wrong acts which result in pain, hurt feelings, comes from rightly or wrongly held feelings of apprehension, etc. worry, financial loss, etc., for others and being injured or offended ourselves.

Here is a list of common people, institutions and principles that make many of our inventory lists.

### **People**

Mother
Father
Brothers
Sisters
Aunts
Uncles
Cousins

Wife/Husband Boy/Girl Friend

**Sponsors** 

Fellowship Friends

Friends
Employers
Employees
Co-workers
Roommates
Best Friend

**Childhood Friends** 

Clergy Creditors Doctors In-Laws Judges

Police Officers
Life-long Friends
Parole Officer
Probation Officer
Grade School Friends

Jr. High/Middle School Friends

High School Friends
Friends Parents
Neighbors
Teachers
Lawyers
Homosexuals
Heterosexuals

# **Institutions**

Church Bible

Child Protection Correctional System Education System Government The Law

Police Departments

Marriage Health system

Mental Health System

Nationality Philosophy Races Religion Society

Drivers License Office Clerk of the Court

I.R.S.

## **Principles**

Adultery Death God

The Golden Rule

Heaven Hell

Homophobia Jesus Christ Afterlife Original Sin Retribution Satan

Seven Deadly Sins

Sin

Ten Commandments
Do unto others...

If you lie down with dogs...

**Twelve Steps** 

It might help to think of your life in compartments. Sometimes this might be each school you attended, and then each job you had. If you lived in different places think of each location and the events and people to help construct a list.