Resentments	Cause	Affects my										Responsibility		My 1	faults	š
"List people, institutions, or principles with whom I am angry."	Why am I angry? Be specific, brief, list each <i>incident</i> separately.		Self- Esteem		Emotional		ex Hidden			tions	Sex	"What did I do to set the ball rolling?" "Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes." "Where were we to blame?."	Selfishness	Dishonesty	Self-seeking & Frightened	Inconsiderate

Fear	Cause	Affects my									Responsibility				aults		
I am afraid of:	Why am I scared? Be specific, brief, list each <i>incident</i> separately.		Self- Esteem		curity Emotional		ex Hidden		ions	"Pu res	What did I do to set the ball rolling?" Putting out of our minds the wrongs others had done, we esolutely looked for our own mistakes." Where were we to blame?."	Selfishness	Dishonestv	Self-seeking &	Frightened Inconsiderate		

Sex	Cause		Instinct that created						arn	n		Responsibility			faults		
Who did I hurt?	What did I do? Be specific, brief, list each <i>incidence</i> separately.		Self- Esteem		curity		Sex			rity Value		What feelings did I create in others? Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead?	Selfishness	nesty	Self-seeking &	nconsiderate	
		Persc Relati	Self- Estee	Material	Emoti	Accer	od or it		Social	Security	Sex		Selfis	Disho	Self-s Fright	lncon	

Harms	Cause	Instinct that created harm Social Security Sex Ambitions										Responsibility		Му	faults	s
Who did I hurt?			cial		curity	, 5	Sex	1	Amb	itior	าร	What feelings did I create in others?				\Box
who did mate:	What did I do? Be specific, brief, list each <i>incident</i> separately.	Personal Relationships	Self- Esteem	Material	Emotional	Acceptable	Hidden	Tildudii.	Social	Security	Sex	Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead?	Selfishness	Dishonesty	Self-seeking & Frightened	Inconsiderate