REVIEW OF HARMS OTHER THAN SEXUAL

"SELF"

Fill out each column before moving to the next

Column 1 List people, institutions, or people with whom we harmed

Column 2 What did we do?

Column 3 What part of self was affected: Social Instict, Security Instinct, Sex Instinct, or Ambitions?

Column 4 Without looking at how we were wronged, what were out mistakes?

Reading from left to right, we now see the resentment (column 1), the cause (column 2), the part of self that had been affected (column 3), and the exact nature of the defect within us that allowed the the resentment to surface up and block off from God's will (column 4)

COLUMN 1	COLUMN 2	COLUMN 3									COLUMN 4			
		AFFECTS MY? (Which part of self is affected)									What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings			
		Social Instict		Security Instinct		Sex Instinct		Ambitions						
WHO DID I HARM?	WHAT DID I DO ?	Self Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate