Review of People Harmed

Instructions for Completion

1) We listed all people we had harmed. Complete ONLY Column 1 from top to bottom.

2) We asked ourselves what happened. Complete ONLY Column 2 from top to bottom.

3) Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? Complete ONLY Column 3 from top to bottom.

4) Referring to our list again. Putting out of our minds the wrongs others had done we resolutely looked at our own mistakes. Complete ONLY Column 4 from top to bottom.

5) Where had we been selfish, dishonest, self-seeking and afraid; and inconsiderate? Complete ONLY Column 5 from top to bottom.

	Column 1 I harmed:	Column 2 What happened?	Column 3 "SELF" Affects My: (Which part of self caused the harm?) Social Instinct Self-Esteem	Personal Relationships	Security Instinct Material	Emotional	Sex Instinct Acceptable Sex Relations	Hidden Sex Relations	Ambitions Social	Security	Sexual	Column 4 What was my part?	Column 5 What is the exact nature of my wrongs, faults, defects of character, or shortcomings? Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																
11																
12																

Review of Sex Conduct

Instructions for Completion

1) We listed all people we harmed. Complete ONLY Column 1 from top to bottom.

2) We asked ourselves what happened. Complete ONLY Column 2 from top to bottom.

3) Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? Complete ONLY Column 3 from top to bottom.

4) Referring to our list again. Putting out of our minds the wrongs others had done we resolutely looked at our own mistakes. Complete ONLY Column 4 from top to bottom.

5) Where had we been selfish, dishonest, self-seeking and afraid, and inconsiderate? Complete ONLY Column 5 from top to bottom.

	Column 1	Column 2	Column 3									Column 4	Column 5			
			"SELF"										What is the exact nature of my wrongs, faults, defects of character, or shortcomings?			
			Affects My: (Which part of self caused the harm?)													
			Social Instinct		Security Instinct		Sex Instinct		Ambitions							
	Who did I harm?	What happened?	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	What was my part?	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate
13																
14																
15																
16																
17																
18																
19																
20																
21																
22																
23																
24																

Review of Resentments

Instructions for Completion

1) In dealing with resentments we set them on paper. We listed people, institutions, or principles with whom we were angry. Complete ONLY Column 1 from top to bottom.

2) We asked ourselves why we were angry. Complete ONLY Column 2 from top to bottom.

3) On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? Complete ONLY Column 3 from top to bottom.

4) Referring to our list again. Putting out of our minds the wrongs others had done we resolutely looked at our own mistakes. Complete ONLY Column 4 from top to bottom.

5) Where had we been selfish, dishonest, self-seeking and afraid, and inconsiderate? Complete ONLY Column 5 from top to bottom.

	Column 1	Column 2	Column 3 "SELF" Affects My: (Which part of self caused the resentment?)									Column 4	Column 5 What is the exact nature of my wrongs, faults, defects of character, or shortcomings?			
			Social Instinct		Security Instinct		Sex Instinct		Ambitions							
	I'm resentful at:	The Cause	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	What was my part?	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate
25																
26																
27																
28																
29																
30																
31																
32																
33																
34																
35																
36																

Review of Fears

Instructions for Completion

1) In dealing with our fears we set them on paper. We listed people, institutions, or principles with whom we were fearful. Complete ONLY Column 1 from top to bottom.

2) We asked ourselves why we were afraid. Complete ONLY Column 2 from top to bottom.

3) Which part of self caused the fear? Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? Complete ONLY Column 3 from top to bottom.

4) Referring to our list again. Putting out of our minds the wrongs others had done we resolutely looked at our own mistakes. Complete ONLY Column 4 from top to bottom.

5) Where had we been selfish, dishonest, self-seeking and afraid, and inconsiderate? Complete ONLY Column 5 from top to bottom.

	Column 1	Column 2	Column 3									Column 4	Column 5			
			"SELF"										What is the exact nature of my wrongs, faults, defects of character, or shortcomings?			
			Affects My: (Which part of self caused the fear?)													
			Social Instinct		Security Instinct		Sex Instinct		Ambitions							
	I'm fearful of:	Why do I have the fear?	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	What was my part?	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																
11																
12																