

REVIEW OF RESENTMENTS

Column 1	Column 2	Column 3	Column 4	Column 5
<p>I AM RESENTFUL AT: I list people, institutions or principles with whom I am angry.</p>	<p>THE CAUSE: I ask myself why I am angry, what did they do to me to cause the anger?</p>	<p>AFFECTS MY: On my grudge list I set opposite each name my injuries. Was it my self-esteem, my security, my ambitions, my personal, or sex relations which had been interfered with?</p>	<p>WHAT DID I DO? Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances, which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?</p>	<p>WHERE HAD I BEEN: “Selfish” “Dishonest” “Self-Seeking and frightened” “Inconsiderate”? Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old resentment, even though I may have done nothing to cause it?</p>

REVIEW OF FEARS

Column 1	Column 2	Column 3	Column 4	Column 5
<p>WHO OR WHAT DO I FEAR: I list people, institutions or principles that I fear.</p>	<p>THE CAUSE: What are they going to do to me? Am I perhaps going to jail? Am I going to lose something with material value? Am I going to lose face? Will it result in divorce? Will it destroy a personal relationship? Might I lose my job, etc.?</p>	<p>AFFECTS MY: On my fears list I set opposite each name the part of self which is affected. Is it my self-esteem, my security, my ambitions, my personal, or sex relations that have been threatened?</p>	<p>WHAT DID I DO? What did I do, if anything, to set the ball rolling, and set in motion trains of circumstances, which have led to my being in the position to have the fear?</p>	<p>WHERE HAD I BEEN: “Selfish” “Dishonest” “Self-Seeking and frightened” “Inconsiderate”? Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old fear, even though I may have done nothing to cause it?</p>

REVIEW OF MY OWN SEX CONDUCT

Column 1	Column 2	Column 3	Column 4	Column 5
WHO DID I HURT:	WHAT DID I DO?	AFFECTS MY: Which part of self caused me to do what I did? Was it caused by the social instinct, the security instinct, or the sex instinct?	WHAT FEELINGS DID I CREATE IN OTHERS? Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead	WHERE HAD I BEEN: “Selfish” “Dishonest” “Self-Seeking and frightened” “Inconsiderate”? Which of the above character defects caused me to do what I did to harm another?

REVIEW OF HARMS OTHER THAN SEXUAL

Column 1	Column 2	Column 3	Column 4	Column 5
WHO DID I HURT:	WHAT DID I DO?	AFFECTS MY: Which part of self caused me to do what I did? Was it caused by the social instinct, the security instinct, or the sex instinct?	WHAT FEELINGS DID I CREATE IN OTHERS? Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead	WHERE HAD I BEEN: “Selfish” “Dishonest” “Self-Seeking and frightened” “Inconsiderate”? Which of the above character defects caused me to do what I did to harm another?