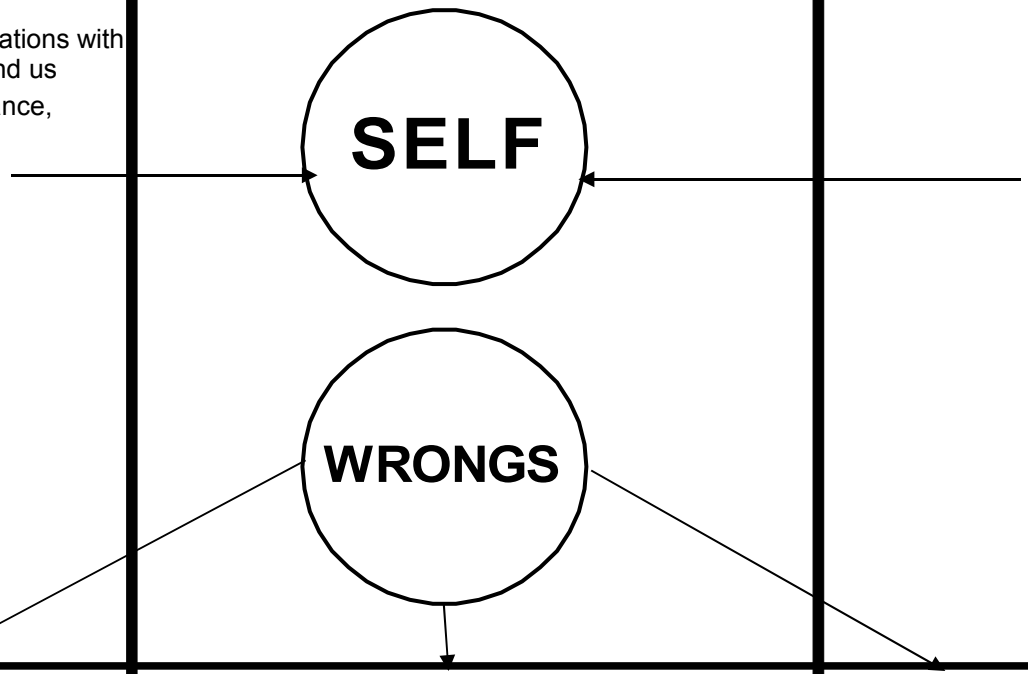
Basic Instincts of Life Which Create Self

Social Instinct	Security Instinct	Sex Instinct
COMPANIONSHIP - Wanting to belong or to be accepted	MATERIAL - Wanting money, buildings, property, clothing, etc. in order to be secure in the future.	ACCEPTABLE - Our sex lives as accepted by Society, God's principles or Our own principles
PRESTIGE - Wanting to be recognized, or to be accepted as a leader	EMOTIONAL - Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.	HIDDEN - Our sex lives that are contrary to either Society, God's principles or Our own principles.
SELF-ESTEEM - What we think of ourselves, high or low.	AMBITIONS - Our plans to gain material wealth, or to dominate, or to depend upon others.	AMBITION - Our plans regarding our sex lives either acceptable or hidden.
PRIDE - An excessive and unjustified opinion of oneself, either positive (self love) or negative (self hate).		
PERSONAL RELATIONSHIPS - Our relations with other human beings and the world around us		
AMBITIONS - Our plans to gain acceptance, power, recognition, prestige, etc		



RESENTMENTS	FEAR	HARM OR HURTS
Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended	Feelings of anxiety, agitation, uneasiness, apprehension, etc.	Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.

REVIEW OF RESENTMENTS

Instructions for Completion

Inst.1 In dealing with resentments we set them on paper. We listed people, institutions or principles with who we were angry. (Complete column 1 from top to bottom. Do nothing in Column 2,3 or 4 until Column 1 is complete)

Inst.2 We asked ourselves why we were angry.(complete Column 2 from top to bottom. Do nothing in Columns 3 or 4 until Column 2 is complete)

Inst.3 On our grudge list we set opposite each name our injuries. Was it our self-esteem our security, our ambitions, our personal sex relations which had been interfered with?

Inst.4 (Complete each column within column 3 going from top to bottom. Starting with the Self-Esteem column and finishing with the Sexual Ambitions column Do nothing on column 4 until column 3 is complete.) Referring to our list again putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Reading from left to right we now see the resentment (Column 1), the cause (Column 2), the part of self that had been effected (Column 3) and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will (Column 4).

		"Self" Column 3									Column 4			
		AFFECTS MY (What part of self caused the resentment?)									What is the exact nature of my wrongs faults, shortcomings defects, mistakes			
		Social Instinct		Security Instinct		Sex Instinct		Ambitions						
		a	b	c	d	e	f	g	h	i	I	II	III	IV
		Self-esteem	Personal Relationship	Material	Emotional	Acceptable	Sex Relations Hidden	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Friightened	Inconsiderate
	Column 1 I'm resentful at:	Column 2 The Cause:												
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														

REVIEW OF FEARS

Instructions for Completion

Inst.1 In dealing with fears we set them on paper. We listed people, institutions or principles with who we were fearful. (Complete column 1 from top to bottom. Do nothing in Column 2,3 or 4 until Column 1 is complete)

Inst.2 We asked ourselves why do I have the fear.(complete Colum 2 from top to bottom. Do nothing in Columns 3 or 4 until Column 2 is complete)

Inst.3 What part of self had caused the fear. Was it our self-esteem our security, our ambitions, our personal sex relations which had been interfered with?

Inst.4 (Complete each column within column 3 going from top to bottom. Starting with the Self-Esteem column and finishing with the Sexual Ambitions column Do nothing on column 4 until column 3 is complete.) Referring to our list again putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Reading from left to right we now see the fear (Column 1), why do I have this fear (Column 2), the part of self that caused the fear (Column 3) and the exact nature of the defect within us that allowed the fear to surface and block us off from God's will (Column 4).

	Column 1	Column 2	"Self" Column 3 — AFFECTS MY (What part of self caused the fear?)									Column 4 — What is the exact nature of my wrongs faults,shortcomings defects,mistakes			
			Social Instinct		Security Instinct		Sex Instinct		Ambitions						
			a	b	c	d	e	f	g	h	i	I	II	III	IV
	I'm fearful of	Why do I have the fear?	Self-esteem	Personal Relationship	Material	Emotional	Acceptable	Sex Relations / Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Fright ened	Inconsiderate
1															
2															
3															
4															
5															
6															
7															
8															
9															
10															

PEOPLE I HAVE HARMED

Instructions for Completion

List the people and institutions you have harmed in any way.

A. Listing from top to bottom
B. List what you did
C. What part of self caused the harm? (Column 3)
D. What character defect was involved? (Column 4)

"Self"

Column 1	Column 2	Column 3									Column 4			
		AFFECTS MY (What part of self caused the harm?)									What is the exact nature of my wrongs faults, shortcomings defects, mistakes			
		Social Instinct		Security Instinct		Sex Instinct		Ambitions						
		a	b	c	d	e	f	g	h	i	I	II	III	IV
		Self-esteem	Personal Relationship	Material	Emotional	Acceptable	Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Frighteened	Inconsiderate
	Whom did I hurt?	What did I do?													
1															
2															
3															
4															
5															
6															
7															
8															
9															
10															