Resentments	Cause	Affects my									Responsibility	My faults			
"We listed people, institutions, or principles with whom we were angry."	"We asked ourselves why we were angry." Be specific, brief, list each *resentment* separately.	Social		Security		Sex		Ambitions			"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?."				
		Self-Esteem	Personal Relationships	Material	Emotional	Acceptable	Hidden	Social	Security	Sex		Selfishness	Dishonesty	Self-seeking & Frightened	Inconsiderate

Fear	Cause	Affects my									Responsibility	My faults			
We listed people, institutions, or principles with whom we were afraid.	Why am I scared? Be specific, brief, list each *fear* separately.	Social		Security		Sex		Ambitions			"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
		Self-Esteem	Personal Relationships	Material	Emotional	Acceptable	Hidden	Social	Security	Sex					

Sex	Cause	Instinct I was trying to satisfy									Impact	My faults			
		Social		Security		Sex		Ambitions							
Who did I hurt?	What did I do? Be specific, brief, list each *wrong* separately.	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable	Hidden	Social	Security	Sex	What feelings did I create in others? Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead?	Selfishness	Dishonesty	Self-seeking & Frightened	Inconsiderate

Other Harms	Cause	Instinct I was trying to satisfy									Impact	My faults			
		Social		Security		Sex		Ambitions							
Who did I hurt?	What did I do? Be specific, brief, list each *wrong* separately.	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable	Hidden	Social	Security	Sex	What feelings did I create in others? Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead?	Selfishness	Dishonesty	Self-seeking & Frightened	Inconsiderate