Resentments	Cause	Affects my									Responsibility	My faults			
		Social		Security		Sex		Ambitions							
"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.	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable	Hidden	Social	Security	Sex	"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

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

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