Resentments	Cause	Affects my									Responsibility	My faults			
		Social		Security		Sex		Ambitions							
"List people, institutions, or principles with whom I am angry."	Why am I angry? Be specific, brief, list each *incident* separately.	Personal Relationships	Self-Esteem	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							
I am afraid of:	Why am I scared? Be specific, brief, list each *incident* separately.	Personal Relationships	Self-Esteem	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 that created harm									Responsibility	My faults			
		Social		Security		Sex		Ambitions							
Who did I hurt?	What did I do? Be specific, brief, list each *incidence* separately.	Personal Relationships	Self-Esteem	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

Harms	Cause	Instinct that created harm									Responsibility	My faults			
		Social		Security		Sex		Ambitions							
Who did I hurt?	What did I do? Be specific, brief, list each *incident* separately.	Personal Relationships	Self-Esteem	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