

I Resent

I list people, myself, institutions, addictions, ideas or principles with whom I am angry, resent, feel hurt or threatened by. Complete one page per resentment. Write on back if needed.

Because

What happened? Be specific as to why I was wounded or angry.

Strength (scale of 1 - 10)?

Does it burn with heat of a thousand suns (10)?
Or would it just tickle your ear (1)?

Duration? (scale of 1 - 10)?

Does it say good night and greet you in the morning (10)?
Or does it just pop into your mind now and then (1)?

This affects my

How did it make me feel? Specifically, how did it affect the seven parts of self?

P - Pride

SE - Self-esteem

A - Ambitions

PR - Personal relations

SR - Sexual relations

S - Security

F - Finances

My part - 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?

My part - where was I to blame?

What's the truth here? Where was my responsibility in this relationship? What might I have done instead? Where was I at fault?

S - Selfish

D - Dishonest

SSF - Self-seeking /
Frightened

I - Inconsiderate

Character Defects

List or describe the character defects involved. Refer to the common defects table.

I Fear _____ List all people, places, things, institutions, ideas or principles that I fear or are threatened by. Complete one page per fear. Write on back if needed.

Because _____ What are they going to do to me? Will I be hurt? Am I going to lose my job, a relationship, money? Am I going to prison? Will I lose face?

Strength (scale of 1 - 10)?
Does it burn with heat of a thousand suns (10)?
Or would it just tickle your ear (1)?

Duration? (scale of 1 - 10)?
Does it say good night and greet you in the morning (10)?
Or does it just pop into your mind now and then (1)?

This affects my _____ How did it make me feel? Specifically, how did it affect the seven parts of self?

P - Pride

SE - Self-esteem

A - Ambitions

PR - Personal relations

SR - Sexual relations

S - Security

F - Finances

My part - 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 the ball rolling, and set in motion trains of circumstances which have led to my being in the position to have the fear?

My part - where was I to blame? _____ Which 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?

S - Selfish

D - Dishonest

SSF - Self-seeking /
Frightened

I - Inconsiderate

Character Defects _____ List or describe the character defects involved. Refer to the common defects table.

I Hurt

List by name the people or group of people that I harmed by my acting out. Complete one page per harm. Include yourself. Write on back if needed.

Nature of the harm

Sexual

Other kind of harm

Description

What did I do to cause harm?

This 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?

Social instinct –

Security instinct –

Sex instinct –

My part - what did I do?

What feelings did I create in others? Did I arouse jealousy, suspicion, or bitterness, anger, desire to retaliate, fear, etc.?

My part - what should I have done instead?

My part - where was I to blame?

Which character defects caused me to behave the way I did?

S - Selfish

D - Dishonest

SSF - Self-seeking /
Frightened

I - Inconsiderate

Character Defects

List or describe the character defects involved. Refer to the common defects table.