

I Resent	Because	This affects my

My part

Column 1: Resentment

List all people, places, things, institutions, ideas or principles with whom I am angry, resent, feel hurt or threatened by. (Include your addiction and yourself.)

Strength & Duration

Indicate in column one both the Strength (S 1-10) and Duration (D 1-10) of the Resentment.

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

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

Column 2: Because

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

Column 3: Affects my...

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

- P - Pride
- SE - Self-esteem
- PR - Personal relations
- SR - Sexual relations
- A - Ambitions
- S - Security
- F - Finances

Column 4: My Part

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?

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

- S - Selfishness
- D - Dishonesty
- SSF - Self-seeking / Frightened
- I - Inconsiderate

Include other character defects.

I Fear	Because	This affects my

My part

Column 1: Fear

List all people, places, things, institutions, ideas or principles that I fear. Include relapse.

Strength & Duration

Indicate in column one both the Strength (S 1-10) and Duration (D 1-10) of the Resentment.
 S: Does it burn with heat of a thousand suns (10)? Or would it just tickle your ear (1)?
 D: Does it say good night to you and greet you in the morning (10)? Or does it just pop into your mind now and then (1)?

Column 2: 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?

Column 3: Affects my...

On my fears list, I set opposite each name the part of self that is affected or threatened.
 P - Pride
 SE - Self-esteem
 PR - Personal relations
 SR - Sexual relations
 A - Ambitions
 S - Security
 F - Finances

Column 4: My Part

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? 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 - Selfishness
 D - Dishonesty
 SSF - Self-seeking / Frightened
 I - Inconsiderate
 Add your own character defects to this list..

I Hurt	Description	This affects my

My part	What should I have done?

Column 1: Harms/Hurts

List by name the people or group of people that I harmed by my acting out. Include yourself. Indicate if this is a:
 S - Sexual Harm
 O - Other Harm

Column 2: Description

What did I do to cause harm?

Column 3: 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? Write about each instinct separately.

Column 4: My Part - what did I do? Where was I to blame?

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

- J - Jealousy
- S - Suspicion
- B - Bitterness
- A - Anger
- R - Desire to Retaliate

Column 5: What should I have done instead?

Which Character Defect caused me to do what I did, and what would it have been better to do?

- S - Selfishness
 - D - Dishonesty
 - SSF - Self-seeking / Frightened
 - I - Inconsiderate
- Add your own character defects to this list...