

Review of Fear

Instructions for Completion

1. In dealing with fears we put them on paper. We listed people, institutions, or principles of whom we were fearful (Complete *Column 1* from top to bottom. Do nothing on *Columns 2, 3, or 4* until *Column 1* is complete.)
2. We asked ourselves why do I have the fear? (Complete *Column 2* from top to bottom. Do nothing on *Columns 3 or 4* until *Column 2* is complete.)
3. Which part of self caused the fear? Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within *Column 3* going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on *Columns 4* until *Column 3* is complete.)
4. Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, frightened and inconsiderate? (Asking our selves the above questions we complete each column within *Column 4*.)
5. Reading from left to right, we now see the fear (*Column 4*), why do I have the fear (*Column 2*), the part of self that caused the fear (*Column 3*), and the exact nature of the defect within us that allowed the fear to surface and block us off from our Higher Power's will (*Column 4*).

<i>Column 1</i>		<i>Column 3</i>					<i>Column 4</i>			
I'm fearful of:		Self Affects my... (Which part of self caused the fear?)					What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?			
		Social Instinct		Security Instinct		Sex Instinct				
		Self-Esteem	Personal Relationships	Material (worldly goods)	Emotional	Sex Relations	Selfish	Inconsiderate	Frightened	Deluded/Dishonest
1										
2										
3										
4										
5										
6										
7										

Review of Resentment

Instructions for Completion

1. In dealing with resentments we put them on paper. We listed people, institutions, or principles with whom we are angry (Complete *Column 1* from top to bottom. Do nothing on *Columns 2, 3, or 4* until *Column 1* is complete.)
2. We asked ourselves why do I have the anger? (Complete *Column 2* from top to bottom. Do nothing on *Columns 3 or 4* until *Column 2* is complete.)
3. On our grudge list, we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within *Column 3* going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on *Columns 4* until *Column 3* is complete.)
4. Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, frightened and inconsiderate? (Asking our selves the above questions we complete each column within *Column 4*.)
5. Reading from left to right, we now see the resentment (*Column 1*), the cause (*Column 2*), the part of self that has been affected (*Column 3*), and the exact part of the defect within us that allowed the resentment to surface and block us off from our Higher Power's will (*Column 4*).

<i>Column 1</i>		<i>Column 2</i>		<i>Column 3</i>			<i>Column 4</i>					
I'm resentful at:		The cause:		Self Affects my... (Which part of self is affected?)			What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?					
				Social Instinct	Security Instinct		Sex Instinct					
				Self-Esteem	Personal Relationships	Material (worldly goods)	Emotional	Sex Relations	Selfish	Inconsiderate	Frightened	Deluded/Dishonest
1												
2												
3												
4												
5												
6												
7												

Review of Our Own Sex Conduct

Instructions for Completion

1. We listed people we harmed. (Complete *Column 1* from top to bottom. Do nothing on *Columns 2, 3, or 4* until *Column 1* is complete.)
2. We asked ourselves what we did? (Complete *Column 2* from top to bottom. Do nothing on *Columns 3 or 4* until *Column 2* is complete.)
3. Was it our self-esteem, our security, our ambitions, our sex instinct, which caused the harm? (Complete each column within *Column 3* going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on *Columns 4* until *Column 3* is complete.)
4. Referring to our list again, putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, frightened and inconsiderate? (Asking our selves the above questions we complete each column within *Column 4*.)
5. Reading from left to right, we now see the harm (*Column 1*), the cause (*Column 2*), the part of self which caused the harm (*Column 3*), and the exact part of the nature of the defect within us that caused the harm and block us off from our Higher Power's will (*Column 4*).

		<i>Column 3</i>			<i>Column 4</i>					
		Self			What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?					
		Affects my... (Which part of self caused the harm?)								
		Social Instinct		Security Instinct	Sex Instinct					
		Self-Esteem	Personal Relationships	Material (worldly goods)	Emotional	Sex Relations	Selfish	Inconsiderate	Frightened	Deluded/Dishonest
<i>Column 1</i> Who did I harm?		<i>Column 2</i> What did I do?								
1										
2										
3										
4										
5										
6										
7										