Come prepared to admit to God, to ourselves, and to another human being the exact nature of our wrongs.

**RESENTMENTS:** Use one sheet per resentment.

**Column 1:** Towards whom am I angry? People? Institutions? Principles?

**Column 2:** Why am I angry?

**Column 3:** This affects, threatens, hurts or interferes **with my...** (Check all that apply)

- [ ] Self-esteem
- [ ] Security
- [ ] Ambitions
- [ ] Pocketbook
- [ ] Relationships
- [ ] Sex

**Column 4:** Where am I at fault? Where am I to blame? What are my mistakes? Identify causes and conditions, defects of character, short-comings, flaws in our make-up, the root of our troubles, the bondage of self.

- [ ] **Selfish & Self-Seeking:** What was my motive? What did I want? What keeps me tied to this resentment?

- [ ] **Fear:** What am I afraid of losing or not getting?

- [ ] List and explain other defects of character? (i.e. false pride, arrogance, self-loathing, impatience, greed, laziness, lust, dishonesty, irresponsibility, blaming, enabling, etc.)

**Column 5:** What should I have done instead? How can I set these matters straight? What is God’s will for me today? **Invert character shortcomings into spiritual principles. i.e. Selfish becomes Unselfish. Hatred becomes Love & Forgiveness.**
Come prepared to admit to God, to ourselves, and to another human being the exact nature of our wrongs.

**Fear:** Use one sheet per fear.

**Column 1:** Who or what am I afraid of? What am I afraid of losing or not getting? *i.e. Fear of rejection*

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<th>Column 2: Why am I fearful?</th>
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**Column 3:** Fear affects, threatens, hurts or interferes *with my...* (Check all that apply)

- Self-esteem
- Security
- Ambitions
- Pocketbook
- Relationships
- Sex

**Column 4:** Wasn't it because self-reliance failed us? *Identify causes and conditions, defects of character, shortcomings, flaws in our make-up, the root of our troubles, the bondage of self.*

- Selfish & Self-Seeking: What was my motive? What did I want?
- Fear: What am I afraid of losing or not getting?
- List and explain other defects of character? (i.e. false pride, arrogance, self-loathing, impatience, greed, laziness, lust, dishonesty, irresponsibility, blaming, enabling, etc.)

**Column 5:** What should I have done instead? How can I set these matters straight? What is God’s will for me today? *Invert character shortcomings into spiritual principles. i.e. Selfish becomes Unselfish. Hatred becomes Love & Forgiveness.*
Come prepared to admit to God, to ourselves, and to another human being the exact nature of our wrongs.

ALL HARMS INCLUDING SEX HARMS: Use one sheet per harm.

**Column 1:** Whom have I hurt?

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**Column 2:** What did I unjustifiably arouse? jealousy, suspicion, bitterness, etc.

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**Column 3:** How did I affect, threaten, hurt or interfere with their... (Check all that apply):

- [ ] Self-esteem
- [ ] Security
- [ ] Ambitions
- [ ] Pocketbook
- [ ] Relationships
- [ ] Sex

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**Column 4:** Where am I at fault? Where am I to blame? What are my mistakes? Identify causes and conditions, defects of character, short-comings, flaws in our make-up, the root of our troubles, the bondage of self.

- [ ] Selfish & Self-Seeking: What was my motive? What did I want?
- [ ] Fear: What am I afraid of losing or not getting?
- [ ] List and explain other defects of character? (i.e. false pride, arrogance, self-loathing, impatience, greed, laziness, lust, dishonesty, irresponsibility, blaming, enabling, etc.)

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**Column 5:** What should I have done instead? How can I set these matters straight? What is God’s will for me today? Invert character shortcomings into spiritual principles. i.e. Selfish becomes Unselfish. Hatred becomes Love & Forgiveness.