REVIEW OF RESENTMENTS

"SELF"

COLUMN 1	COLUMN 2	COLUMN 3: Which Part of Self Was Affected?												COLUMN 4				Questions
		Social Instinct					Security Instinct		Sex Instinct		Ambitions			What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?				*What was MY PART in all this? What did I do initially to get the ball rolling? How could I have done things differently?*
I AM RESENTFUL OF:	THE CAUSE OF THIS RESENTMENT IS:	Companionship	Prestige	Self-Esteem	Pride	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Self-Seeking & Selfish	Dishonest	Inconsiderate	Frightened	