

Review of Resentments:

These columns are to be filled out from **top to bottom** not left to right

We listed people, institutions or principles with whom we were angry. Page 64 <i>I'm resentful at:</i>	We asked ourselves why we were angry. Page 64 <i>The Cause</i>	What part of self was threatened? Page 65 <i>Affects my:</i>	Where had we been selfish, dishonest, self-seeking and frightened ? Page 67 <i>Where were we to blame?</i>	Exact nature of these wrongs. We admitted our wrongs honestly. Page 67 <i>Defects of Character</i>

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Review of Fears:

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<p>We reviewed our fears thoroughly. We put them on paper... Page 67 - 68</p> <p><i>Who or What do I Fear?</i></p>	<p>We asked ourselves what is the cause of the fear? Page 68</p> <p><i>The Cause:</i></p>	<p>What part of self is going to be effected? Page 68</p> <p><i>Affects my:</i></p>	<p>What did I do to set the ball rolling?</p> <p><i>Where were we to blame?</i></p>	<p>Exact nature of the fear. What's within me that causes them in the first place?</p> <p><i>Defects of Character</i></p>

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Review of our own sexual conduct:

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<p>We reviewed our own conduct over the years past. Page 69</p> <p><i>Who do I Hurt?</i></p>	<p>We asked ourselves, what did I do to create the problem? Page 69</p> <p><i>The Cause:</i></p>	<p>What part of self does this effect? What part of self causes these things? Page 69</p> <p><i>Affects my:</i></p>	<p>What feelings did I create in others? Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead? Page 69</p> <p><i>Where were we to blame?</i></p>	<p>Basic Character Defects. Where had we been selfish, dishonest, self-seeking, frightened, or afraid? Page 69</p> <p><i>Defects of Character</i></p>

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Review of Harms done to others, other than Sexual:

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<p>We reviewed our own conduct over the years past. Page 69</p> <p><i>Who do I Hurt?</i></p>	<p>We asked ourselves, what did I do to create the problem? Page 69</p> <p><i>The Cause:</i></p>	<p>What part of self does this effect? What part of self causes these things? Page 69</p> <p><i>Affects my:</i></p>	<p>What feelings did I create in others? Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead? Page 69</p> <p><i>Where were we to blame?</i></p>	<p>Basic Character Defects. Where had we been selfish, dishonest, self-seeking, frightened, or afraid? Page 69</p> <p><i>Defects of Character</i></p>

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