

Resentments

		COLUMN 3 ("Self")									COLUMN 4							
		Affects my...(Which part of self caused the resentment?)									What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?							
		Social Instinct		Security Instinct		Sex Instinct		Ambitions										
		Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking Frightened	Inconsiderate				
COLUMN 1	COLUMN 2																	
I'm resentful at:	The cause:																	
1																		
2																		
3																		
4																		
5																		
6																		
7																		
8																		
9																		
10																		
11																		

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COLUMN 1	COLUMN 2																
I'm resentful at:	The cause:																
12																	
13																	
14																	
15																	
16																	
17																	
18																	
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COLUMN 1	COLUMN 2																
I'm resentful at:	The cause:																
23																	
24																	
25																	
26																	
27																	
28																	
29																	
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COLUMN 1	COLUMN 2																
I'm resentful at:	The cause:																
34																	
35																	
36																	