

BASIC INSTINCTS OF LIFE WHICH CREATE SELF

SOCIAL INSTINCT	SECURITY INSTINCT	SEX INSTINCT
<p>COMPANIONSHIP—Wanting to belong or to be accepted</p> <p>PRESTIGE—Wanting to be recognized, or to be accepted as a leader.</p> <p>SELF-ESTEEM—What we think of ourselves, high or low.</p> <p>PRIDE—An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p>PERSONAL RELATIONSHIPS—Our relations with other human beings and the world around us.</p> <p>AMBITIONS—Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p>MATERIAL—Wanting money, buildings, property, clothing, etc. in order to be secure in the future.</p> <p>EMOTIONAL—Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.</p> <p>AMBITIONS—Our plans to gain material wealth, or to dominate, or to depend upon others.</p>	<p>ACCEPTABLE—Our sex lives as accepted by Society, God's principles or our own principles</p> <p>HIDDEN—Our sex lives that are contrary to either Society, God's principles or our own principles.</p> <p>AMBITION—Our plans regarding our sex lives either acceptable or hidden.</p>
RESENTMENTS	FEAR	HARM OR HURTS
<p>Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.</p> <p style="text-align: center;">“Wrong Thinking or Judgment”</p>	<p>Feelings of anxiety, agitation, uneasiness, apprehension, etc.</p> <p style="text-align: center;">“False or Wrong Beliefs”</p>	<p>Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.</p> <p style="text-align: center;">“Wrong Actions”</p>

GLOSSARY OF WORDS USED IN STEPS FOUR AND FIVE

EXACT	-Very accurate, methodical, correct
NATURE	-The essential characteristic of a thing
WRONG	-Acting, judging, or believing incorrectly
FAULT	-Something done wrongly, an error or mistake
MISTAKE	-To understand or perceive wrongly
DEFECT	-Lack of something necessary for completeness (same as shortcoming)
SHORTCOMING	-Falling short of what is expected or required (same as defect)
SELF-CENTERED	-Occupied or concerned only with one's own affairs (Consciousness centered on myself)
SELFISH	-Too much concern with one's own welfare or interests and having little or no concern for others (same as self-centered)
SELF-SEEKER	-A person who seeks only or mainly to further his own interests
DISHONEST	-The act or practice of telling a lie, or of cheating, deceiving, stealing, etc.
FEAR	-A feeling of anxiety, agitation, uneasiness, apprehension, etc.
RESENTMENT	-Feeling of anger or bitterness that occur over and over again
FRIGHTENED	-A temporary or continual state of fear
INCONSIDERATE	-Without thought or consideration of others
MORAL	-The truth about any situation
IDEAL	- An idea or guiding principle
SELF ESTEEM	- What I think of myself, high or low
SECURITY	- My need to be secure emotionally & materially
AMBITIONS	- My plans or desires to gain: acceptance, power, recognition, prestige, future emotional & material security, or sex
PERSONAL	- My relationships with other people and the world around me
RELATIONSHIPS	
SEX RELATIONS	- Our sexual life and experiences including our desires for sexual experiences in the future

REVIEW OF RESENTMENTS

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p>I'M RESENTFUL AT: I list people, institutions or principles with whom I am angry.</p>	<p>THE CAUSE: I ask myself why I am angry, what did they do to me to cause the anger?</p>	<p>AFFECTS MY: On my grudge list I set opposite each name my injuries. Was it my self-esteem, my security, my ambitions, my personal or sex relations which had been hurt, threatened or interfered with?</p>	<p>WHERE WAS I TO BLAME? Putting out of my mind the wrongs others have done, I resolutely look for my own mistakes. What is the exact nature of my wrong? <u>What did I do?</u> (Be Specific)</p>	<p>WHERE HAD I BEEN: "Selfish" "Dishonest" "Self-Seeking & frightened" "Inconsiderate?" Which character defects caused me to do what I did, or cause me to want to hold on to the old resentment?</p>

REVIEW OF FEARS

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p>WHO OR WHAT DO I FEAR? I list people, institutions or principles that I fear.</p>	<p>THE CAUSE: Why do I have the fear? Am I going to lose something with material value? Am I going to lose face? Will it destroy a personal relationship? Might I lose my job, etc?</p>	<p>AFFECTS MY: On my fears list I set opposite each name the part of self that is affected. Is it my self-esteem, my security, my ambitions, my personal, or sex relations that have been interfered with or threatened?</p>	<p>WHICH PART OF SELF HAVE I BEEN RELYING ON WHICH HAS FAILED ME? Self-Reliance? Self-Confidence? Self-Discipline? Self-Will?</p>	<p>WHAT DID I DO? What did I do, if anything, to set the ball rolling, and set in motion trains of circumstances, which have led to my being in the position to have the fear?</p>

Fear Prayer: "God please remove my fear of _____ and direct my attention to what you would have me be" Pg. 68

REVIEW OF MY OWN SEX CONDUCT

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p>I REVIEW MY CONDUCT OVER THE YEARS PAST. WHO DID I HURT?</p>	<p>WHAT DID I DO?</p>	<p>WHAT FEELINGS DID I CREATE IN OTHERS? Did I unjustifiably arouse jealousy, suspicion, or bitterness?</p>	<p>WHERE HAD I BEEN: "Selfish" "Dishonest" "Self-Seeking & frightened" "Inconsiderate?" Which character defects caused me to do what I do to harm another?</p>	<p>WHAT SHOULD I HAVE DONE INSTEAD?</p>

Sex Prayers: "We asked God to mold our ideals and help us live up to them" Pg. 69
"We earnestly pray for the right ideal, for guidance, in each questionable situation, for sanity and strength to do the right thing" Pg. 70

REVIEW OF HARMS OTHER THAN SEXUAL

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
WHO DID I HARM OR HURT?	WHAT DID I DO- OR FAIL TO DO THAT CAUSED THE HARM?	WHICH PART OF SELF CAUSED ME TO DO WHAT I DID? Was it caused by the social instinct, the security instinct, or the sex instinct?	WHERE HAD I BEEN: "Selfish" "Dishonest" "Self-Seeking & frightened" "Inconsiderate?" Which character defects caused me to do what I do to harm another?	WHAT SHOULD I HAVE DONE INSTEAD?

"We have listed the people we have hurt by our conduct and are willing to straighten out the past if we can" Pg. 70

"We have a list of people we have harmed and to whom we are willing to make amends. We made it when we took inventory." Pg. 76