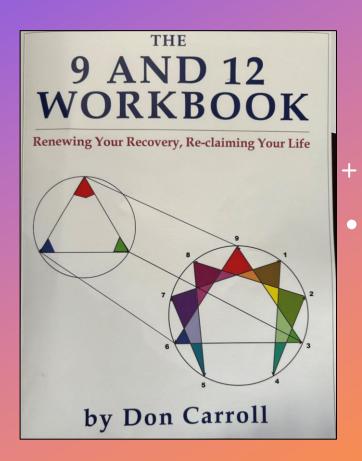
The exercise is to try one or two of your Step 4 inventory topics using this sheet (with the added info I covered in the course) to help solidify your understanding of how your ego defends you.

These sheets are borrowed (with kind permission) from the book

The 9 and 12 workbook by Dr Don Carroll.

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If you want to have clean, perfect documents for yourself or sponsees to use in the future then please buy the book. It is awesome! (Those pages won't have the icons as those were added by me ©) Cheryl



Review of Resentments – FOUR

		Self										Column 4							
1.	In dealing with resentm	ror completion ents, we set them on paper. We ns or principles with whom we we column 1 from top to bottom. as 2, 3 or 4 until column 1 is		(W		Co AFFE	lumn ECTS of self	MY	ected's	?)		MIC	ngs, i	the exfaults,	mista	ikes, o	of my lefect	s,	
2.	complete).	hy we were angry (completely	Soc Insti	Section 1981	Secu	-	Se Insti		Ar	nbition	ıs								
	3 or 4 until column 2 is	ottom. Do nothing on columns complete).	Inst	1101			IIISE	no.											
3.	On our grudge list we injuries. Was it our ambitions, our persons been interfered with?	n our grudge list we set opposite each name our uries. Was it our self-esteem, our security, our abitions, our personal or sex relations which had en interfered with? (complete each column within lumn 3 from top to bottom, starting with the self-												S					
4.	esteem column and finishing with the sexual ambitions column). Do nothing on column 4 until column 3 is complete). Referring to our list again, putting out of our minds the wrongs others have done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? (asking ourselves the above questions, we complete column 4). Reading from left to right, we now see the resentment (column 1), the cause (column 2), the part of self that had been affected (column 3) and the exact nature of the defect within us that allowed the resentment to surface and block us from God's will (column 4).			Personal relationships	Material	Emotional	Acceptable sex relations	Hidden Sex relations	Social	Security	Sexual	Selfish	Dishonest	Self-seeking & frightened	Inconsiderate	Being envious of others	Getting lost in self-pity	Being self-absorbed	
5.					ial	nal	x relations	relations		A A		h			rate	of others	self-pity	sorbed	
	Column 1	Column 2							,										
	I'm resentful at:	The cause:					1												
1	proper count App	the self-essent column and																	
2	the state of the s	within collines 3 feets are in																	
3	Was it our sold-sold con-	to recurriv, our ambilions, bur a	3970		Tibul	Tet S				100000									
4	yesis lala in polyage.	o complete to tolunes a cury l																	
5	the asked ourselver wi	of are stid (permitted column 2)		CHAM	THE TOTAL			MAG	1 10 100	1000				131138	1 11111		19193		

Review of Fears - FOUR

1.	INSTRUCTIONS In dealing with fears, or people, institutions or fearful (complete columns tomplete).	Self Column 3 AFFECTS MY (Which part of self caused the fear?) Social Security Sex Ambitions									What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?								
2.	column 2 from top to	bottom. Do nothing on columns complete).		inct	Insti		Insti												
3.	3 or 4 until column 2 is	s complete). used the fear? Was it our self-																	
3.	esteem, our security, o relations which had b each column within starting with the self-e the sexual ambitions co	relations which had been interfered with? (complete each column within column 3 from top to bottom, starting with the self-esteem column and finishing with the sexual ambitions column. Do nothing on column 4		Pe			Acı	Н						Self-		Bei	Get	В	
5.	until column 3 is complete). Referring to our list again, putting out of our minds the wrongs others have done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? (asking ourselves the above questions, we complete column 4). Reading from left to right, we now see the fear (column 1), why do I have the fear (column 2), the part of self that caused the fear (column 3) and the exact nature of the defect within us that allowed the fear to surface and block us from God's will (column 4).		eem	Personal relationships	Material	Emotional	Acceptable sex relations	Hidden Sex relations	Social	Security	Sexual	Selfish	Dishonest	Self-seeking & frightened	Inconsiderate	Being envious of others	Getting lost in self-pity	Being self-absorbed	
	Column 1 I'm fearful of:	Column 2 Why do I have the fear?		S.						<u> </u>	9h								
1	THE PARTY STREET, STREET	and sold sold suppose sup																	
2	Barnella of the sea	neces were consider the manufacture of the																	
3	White the same state office of	oto a crust, sar a spipula, ou	100	1	127	a suci	100	1838030											
4	peans well to to their	to nothing on column 3 or s													S PERSON	3 1164			
5	Although the state of the	ency and distribution operators		1,893		OF CA		N TRACE											
6	1 South Reine gottest	to marking on defender 2, 3 prof																	

Review of our own sex conduct - FOUR

1.	1 from top to bottom. Do nothing on columns 2, 3 or 4 until column 1 is complete). 2. We asked ourselves what we did (complete column 2 from top to bottom. Do nothing on columns 3 or 4			Self Column 3 AFFECTS MY (Which part of self caused the harm?) Social Security Sex Ambitions									Column 4 What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?							
 3. 4. 5. 	from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete). Was it our self-esteem, our security, our ambitions, our personal or sex relations that caused the harm? (complete each column within column 3 from top to bottom, starting with the self-esteem column and finishing with the sexual ambitions column. Do nothing on column 4 until column 3 is complete). Referring to our list again, putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? (asking ourselves the above questions, we complete column 4). Reading from left to right, we now see the harm (column 1), what we did (column 2), the part of self that caused the harm (column 3) and the exact nature of the defect within us that caused the harm and blocked us from God's will (column 4). Column 1 Who did I harm? Column 2 What did I do?		Personal relationships	Inst	Emotional	Acceptable sex relations	Hidden Sex relations	Social	Security	Sexual	Selfish	Dishonest	Self-seeking & frightened	Inconsiderate	Being envious of others	Getting lost in self-pity	Being self-absorbed			
1	to a complete one and an analysis of the season of the sea																			
3																				
4	The mixed outsides a little elected to the elected of the little and the little of the	81	- BET		a augh	,									10000					