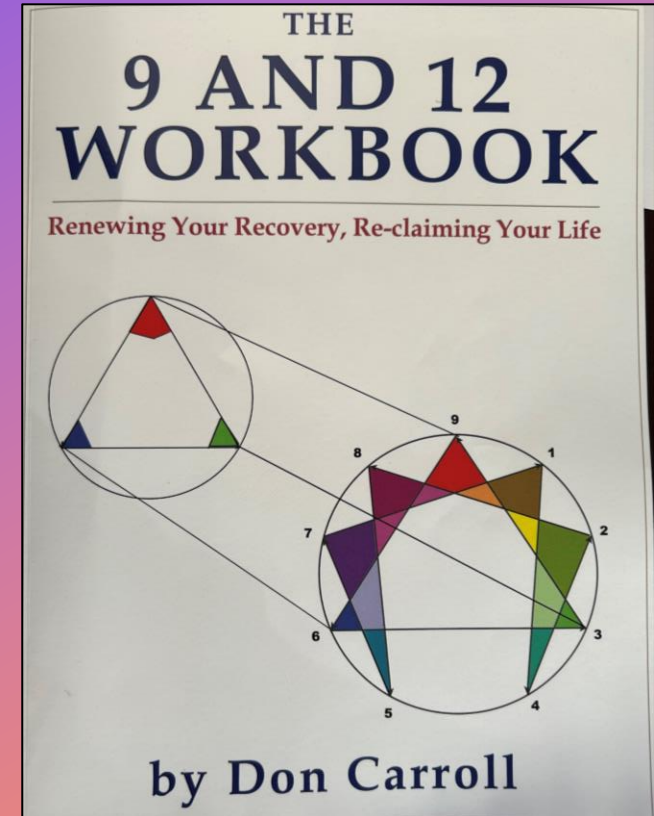


The exercise is to try one or two of your Step 4 inventory topics using this sheet (with the added info I covered in the course) to help solidify your understanding of how your ego defends you.

These sheets are borrowed (with kind permission) from the book **The 9 and 12 workbook** by Dr Don Carroll.

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

INSTRUCTIONS FOR COMPLETION

1. In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry (completely column 1 from top to bottom. Do nothing on columns 2, 3 or 4 until column 1 is complete).
2. We asked ourselves why we were angry (completely column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete).
3. On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal or sex 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 until column 3 is complete).
4. 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).
5. 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).

		Self Column 3 AFFECTS MY (Which part of self is affected?)							Column 4 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
Column 1 I'm resentful at:	Column 2 The cause:																	
1																		
2																		
3																		
4																		
5																		



Review of our own sex conduct - FOUR

INSTRUCTIONS FOR COMPLETION

1. We listed all the people we harmed (complete column 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 until column 2 is complete).
3. 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).
4. 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).
5. 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?

Self
Column 3
AFFECTS MY
(Which part of self caused the harm?)

Column 4
What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?

Social Instinct	Security Instinct	Sex Instinct	Ambitions
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Self-Esteem	Personal relationships	Material	Emotional	Acceptable sex relations	Hidden Sex relations	Social	Security	Sexual
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Selfish	Dishonest	Self-seeking & frightened	Inconsiderate	Being envious of others	Getting lost in self-pity	Being self-absorbed
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1	
2	
3	
4	