HARMS DONE TO OTHERS

INSTRUCTIONS FOR COMPLETION

Instruction 1 "We listed all people we harmed." (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3, or 4 until Column 1 is complete.)

Instruction 2 "We asked ourselves what we did." (Complete Column 2 from top to bottom. Do nothing on Columns 3 & 4 until Column 2 is completed)

Instruction 3 "Was it our self-esteem, our security, our ambitions, our sex instinct which caused the harm?" (Complete each Column within Column 3 going 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.)

Instruction 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 each Column within Column 4.)

Instruction 5 Reading from left to right we now see the harm (Column1), what we did (Column 2), the part of self which caused the harm (Column3), and the exact nature of the defect within us that cause the harm, and blocked us off from **God's** will (Column4).

	COLUMN 1	COLUMN 2	"SELF"												
			COLUMN 3									COLUMN 4			
			What part of self was threatened?									Which part of self caused the harm? What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:			
			Social Instincts		Security Instincts		Sex Instincts		Ambitions						
	Who did I harm?	What did I do?	Self Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self Seeking & Frightened	Inconsiderate
1															
2															
3															
4															
5															
6															