First do columns 1, 2, and 3 vertically; consider them, then say the prayer on page 66. After praying, do all the colums horizontally.

Resentments (pp. 64, 65, 67)		3. What part of self was hurt or threatened?					4. What was the exact nature of my wrongs?		
1. I am resentful at:	2. The cause:	Self-Esteem	Security	Ambitions	Personal Relations	Sex Relations	Dishonest	Selfish	Self-seeking &frightening

Fears

(Ref. Page 68) "we put them on paper, even though we have no resentment in connection with them.

What is the nature of my fear?	Has reliance on self failed me? (i.e. Reliance on self-esteem, financial security, etc.?	We ask Him to remove our fear and direct our attention to what He would have us be.

Harm to Others (sexual conduct)

First do columns 1, 2, and 3 vertically. Next do all the columns horizontally. Finish with the prayers on pp. 69 and 70. **This is the beginning of your Eight Step list.**

		3. Did I unjustly arouse:			4. Where was I at fault?			
1. Whom did I hurt?	2. What did I do?	Jealously	Suspicion	Bitterness	Selfishness	Dishonesty	Inconsiderate	5. What should I have done instead?