

Fear/Anxiety

These charts are an explanation on how to think about the columns in each area.

Column Heading	Under	Healthy	Over
Self Esteem	nothing	I think I have <u>something</u> to contribute.	tons
Pride	terrible	I think that I am doing <u>well</u> and making good decisions.	fantastic
Emotional Security	abysmal/ never	I feel that I have <u>healthy</u> range of emotions and can <u>usually</u> trust them.	excellent/ always
Pocketbook	awful	I feel that I manage and value my money in a <u>balanced</u> way.	amazing
Ambitions	horrible	I feel that I do a <u>good</u> job in pursuing and working towards my goals.	wonderful
Personal Relations	wretched	I think that I have <u>good</u> mentor, peer, and mentee relationships.	exemplary
Sex Relations	warped	I feel that I have a <u>balanced</u> view of and desire for sex.	compulsive
Selfish	rarely	I think I <u>usually</u> consider others views and feelings.	never
Dishonest	protectively/ cautiously	I feel that I speak <u>truthfully</u> and share <u>honestly</u> .	to embellish/ for attention
Self-seeking	neglectful	I think I am <u>healthy</u> in how I look after for my own interests and care.	ultra-focused
Frightened	concerning	I feel that I have a <u>healthy</u> level of fear.	False courage
Inconsiderate	silence/ isolation	I feel that I practice <u>kindness</u> and am <u>thoughtful</u> with others.	meanness/ callousness

Anger/Resentment

Column Heading	What does this mean?
Self-reliance	I feel that I react in anger when I don't get what I want.
Self-discipline	I get angry at myself when I can't do things I want to.
Self-will	I react in anger when I am not given autonomy and independence.
Self-confidence	I get resentful when my self-confidence is threatened.
Self-esteem	I react in anger when I am made fun of and my self-esteem is threatened.
Pride	I get angry when people don't respect me, my thoughts, or my decisions.
Emotional Security	I react in anger when I feel out of control, afraid of something.
Pocketbook	I get resentful when I can't have what I want because of money.
Ambitions	I get angry when I can't pursue the things I want and value.
Personal Relations	I am resentful when people don't treat me like I want.
Sex Relations	I am angry when I don't have the sexual experiences I feel that I deserve.

Sexual Conduct

Column Heading	What does this mean?
Was I selfish?	I think of myself only and ignore the needs and feelings of others.
Was I dishonest?	I manipulate the truth to get what I want.
Was I inconsiderate?	I am rough and think only of what I want.
Was I self-seeking?	I think of myself only and ignore the needs and feelings of others.
Was this relationship selfish?	I manipulate this relationship to get what I want.
Jealousy?	I look for threats to my ownership of this person/relationship.
Bitterness?	I punish this person by my brooding anger when they don't behave as I want.
Suspicion?	I expect to be lied to and for this person to betray me constantly.

Step 4 - Fear/Anxiety

What am I afraid of?	Why do I have the fear?	Which part of self which I have been relying on has failed me?					Which part of self does the fear affect?							
List the names of people, institutions, principles, or anything that you fear.	Why am I afraid?	Self-reliance	Self-discipline	Self-will	Self-confidence		Self-esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	

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Step 4 - Resentment/Anger

I'm resentful at:	The Cause	What part of self was hurt or threatened?							Where was I to blame?					
List the names of people, institutions, or principles with whom we were very angry.	Why am I angry?	Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Selfish	Dishonest	Self-seeking	Frightened	Inconsiderate	The exact nature of my wrong. Be very specific.

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Step 4 - Sexual Conduct

Who was it?	What did we do?	What was the exact nature of my wrongs, faults, mistakes, defects, shortcomings?					Did I unjustifiably arouse:			Who did I harm?	What should I have done instead?
		Was I selfish?	Was I dishonest?	Was I inconsiderate?	Was I self-seeking?	Was this relationship selfish?	Jealousy?	Bitterness?	Suspicion?		
We list the people with whom we have experienced sexual contact.	We ask ourselves what we did.									Who was harmed?	We asked God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed." Page 69 "To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing." Page 70

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