People I Have Harmed

INSTRUCTIONS FOR COMPLETION

List the people you have harmed in any way.
A. Listing from top to bottom.
B. List what you did.
C. What part of self caused you the harm? (Column 3)
D. What character defect was involved? (Column 4)

	COLUMN 1	COLUMN 2	"SELF" COLUMN 3									COLUMN 4			
			Affects My... (Which part of self caused the harm?)									What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:			
			Social Instinct		Security Instinct		Sex Instinct		Ambitions						
	Whom did I hurt?	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															
7															