Review Of Sex Conduct

INSTRUCTIONS FOR COMPLETION

Instruction 1 — In dealing with resentments we set them on paper. We listed people, institutions, or principles with whom we are angry. (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 why we were angry. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)

Instruction 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 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 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 off from God's will (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							
	I'm resentful at:	The cause:	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																