	COLUMN							MN 3							COLUMN 4				
Fill out each column before moving to the next													What is the exact						
Column 1	List people, institutions or principles with whom we are angry.				AFFECTS MY? (Which part of self is affected)									nature of my wrongs, faults,					
Column 2	Why am I angry?					Security Sex						mistakes, defects,							
Column 3	What part of self was affected: Social Instict, Security Instinct, Sex Instinct, or Ambitions			stict	Ins	tinct	Inst	inct	An	nbitio	ns	sl	nortco	ming	5				
Column 4	Without looking at how we were wronged, what were our mistakes: Were we Selfish, Dishonest, Self Seeking/Frightened, Inconsiderate			Pei	Ma		Accep	I						Self-Se					
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 the resentment to surface up and block off from God's will (column 4)				Personal Relationships	Material / Pocket Book	Emotional	Acceptable Sex Relations	Hidden Sex Relations	S	Sec	Sı	Se	Dishonest	Self-Seeking & Frightened	Inconsiderate				
	COLUMN 1	COLUMN 2	Self Esteem	ships	Book	ional	tions	tions	Social	Security	Sexual	Selfish	onest	ened	erate				
I am resentful at:	relationship	The Cause of the Resentment																	
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