

What instincts are threatened or interfered with?

Choose as many instincts as apply.

	INSTINCTS (pick one or more)	DEFINITIONS
Social		
	Companionship	Wanting to belong or accepted by others.
	Prestige	Wanting to be recognized or accepted as a leader.
	Self-esteem	How I feel about myself.
	Pride	An excessive opinion of myself as better or worse than others. I odten
	Personal relationships	My relationships with others and the world around us.
	Ambitions	My plans to gain acceptance, power, recognition, prestige.
Security	Material	Wanting money, property, or clothing to be secure.
	Emotional	My need for another person or persons. Some tend to dominate, some are overly dependent on others.
	Ambitions	Our plans to gain material wealth, or to dominate, or to depend on others for material or money.
Sex	Sex Instinct	Our sex lives as accepted by society, God's principles, or our own principles.
	Hidden Sex Instinct	Our sex lives that are contrary to either society, God's principles, or our own principles.
	Ambitions	Our plans regarding our sex lives either acceptable or hidden.

Below are a list of questions to help you consider where you have been Selfish, Dishonest, Self-seeking, Fearful, or Inconsiderate.

<ul style="list-style-type: none"> • What did I want? What did I do to get it? • How do I put my needs or wants above others? • How did I try to control or manipulate the situation? • Have I placed an unreasonable expectation on others? • What feelings or well being did I fail to consider? • How have I selfishly held on to this and who has been affected? 	<p>Selfish</p>
<ul style="list-style-type: none"> • Did I tell an outright lie? • Am I guilty of omission (did I not share the whole truth)? • Did I lie to myself? • Am I a hypocrite? • Did I cheat or steal? • Did I fail to communicate by not sharing my true feelings? • Did I expect others to read my mind? 	<p>Dishonest</p>
<ul style="list-style-type: none"> • How did I want to be seen? • How am I trying to control others perceptions of me? • Was I trying to make myself look good at the expense of others? 	<p>Self Seeking</p>
<ul style="list-style-type: none"> • Did I fear others' opinions? • Did I fear not being liked? • Not getting what I want? • Losing what I have? • Did I fear losing control? • Did I fear not being perfect? 	<p>Fearful</p>
<ul style="list-style-type: none"> • Was I concerned only with myself? • Did I ignore or snub? • Did I use unkind expressions such as sarcasm? • Did I act without regard to others feelings? • Was I unreliable or irresponsible? 	<p>Inconsiderate</p>