

Column 3: What instincts are threatened or interfered with?	
In the list below, select the instinct (society, security, sex) that feels injured, threatened, or interfered with, and then write as many words from right column as apply to you.	
Instincts for Society	
Wanting to belong or be accepted.	Companionship
Wanting to be recognized, or to be accepted as a leader.	Prestige
What we think of ourselves, high and low.	Self-esteem
An excessive opinion of oneself, either positive (big ego) or negative (self-hate).	Pride
Our relationships with other people and the world around us.	Personal relationships
Our plans to gain acceptance, power, recognition, prestige, fame, or glory.	Ambitions
Instincts for Security	
Wanting money, buildings, property, clothing, etc. in order to be secure in the future.	Material
Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.	Emotional
Our plans to gain material wealth, or to dominate, or to depend on others for material or money.	Ambitions
Instincts for Sex	
Our sex lives as accepted by society, God's principles, or our own principles.	Acceptable Sex Instinct
Our sex lives that are contrary to either Society, God's principles, or our own principles.	Hidden Sex Instinct
Our plans regarding our sex lives either acceptable or hidden	Ambitions

Column 5 help continued on next page...

Column 5: Where had I been Selfish, Dishonest, Self-Seeking, Fearful, Inconsiderate?

<p>Ask yourself these questions to see if the character defect applies in this case...</p>	<p>Write one or more of these words in column 5</p>
<p>What did I want or not want to happen? Was I serving my own interests without concern for the needs and interests of others?</p>	<p>Selfish</p>
<p>What is the real truth? What is the lie I tell myself? Is it none of my business? Did I lie, steal, or cheat? Did I omit the truth? Tell only what I them wanted to know? Did I not express my true feelings? Can not see the situation as it truly is? Unreasonable expectations of others (expecting them to act the way I want)</p>	<p>Dishonest</p>
<p>What did I do to get what I wanted? Did I act out sexually? Refuse to have sex? Throw a temper tantrum? Intimidate with my anger? Act aloof? Snub or ignore? Pretend everything is fine? Use unkind expressions or acts? Use overly kind expressions or acts? Gossip? Manipulate? Control?</p>	<p>Self Seeking</p>
<p>Did I fear others' opinions? Not being loved? Not being liked? Abandonment? No control? Failure? Not being perfect? Confrontation? Ridicule? Less or better than? Rejection? Success? Intimacy?</p>	<p>Fearful</p>
<p>Gossip, Overly concerned with myself , Ignore, snub, act aloof Steal, lie, cheat, Not meaning what I say, Not saying what I mean, Use unkind expressions or acts, Use overly kind expressions or acts</p>	<p>Inconsiderate</p>