

**Resentments** (pgs. 64, 65, 67)

First do columns 1, 2 and 3 vertically; consider them, then say the prayer from page 67.

After praying, do all the columns horizontally.

1. I am resentful at:	2. The cause	3. What part of self was hurt or threatened?					4. What was the exact nature of my wrongs?		
		Self-Esteem	Security	Ambitions	Personal Relations	Sex Relations	Dishonest	Selfish	Self-seeking and frightened

**Fears** (pg. 68: "We put them on paper.")

What is the nature of my fear?	Has reliance on self failed me? (i.e. reliance on self-esteem, financial security, etc?)	We ask him to remove our fear and direct our attention what He would have us be.

**Harms to Others** (Sexual Conduct)

First do columns 1, 2 and 3 vertically. Next do all the columns horizontally. Finish with the prayers on pgs. 69 and 70.

1. Whom did I hurt?	2. What did I do?	3. Did I unjustly arouse:			4. Where was I at fault?		5. What should I have done instead?
		Jealousy	Suspicion	Bitterness	Selfish	Dishonest	

**SEE ACCOMPANYING PRAYERS ON THE NEXT PAGE.**

## Prayers:

### **Resentment** (After 3<sup>rd</sup> column) - pg.. 67

"Perhaps \_\_\_\_\_, like myself, is a sick person. God please help me to show \_\_\_\_\_ the same tolerance, pity, and patience that I would cheerfully grant a sick friend. God, how can I be helpful to \_\_\_\_\_? God save me from being angry. Thy will be done."

### **Fear** - pg.. 68

"God please remove my fear of \_\_\_\_\_ and direct my attention to what you would have me be."

### **Harms Done to Others** (Especially as expressed by my sex conduct) – pg. 69

"God please help me to shape a sane and sound ideal for my future sex life. God, please mold my ideals and help me to live up to them."

Ideal – A model of perfection. A spiritual aim or goal if you will.

Examples:

1. Intimacy: Safety, friendship, affection.
2. True partnership
3. Understanding, gentle support
4. Mutual satisfaction, honest expression (sexually)
5. Fun, laughter