HARMS/RELATIONSHIPS We need to look at the harms we caused in our relationships with relatives, spouses or partners, friends and former friends, co-workers and former co-workers, neighbors, people from school, people from clubs and civic organizations and the organizations themselves, authority figures such as the police, institutions, and anyone or anything else we can possibly think of. We should also examine our relationship with a Higher Power. We may be tempted to skip the relationships that didn't last long-a one-night sexual involvement, for instance.
Complete one column at a time, top to bottom -- NOT straight across

Column 1: Who was harmed by my conduct?	Column 2: What did I do or fail to do that caused the harm?	Column 3: Which part of Self caused the harm?											Column 4: What is the nature of my wrongs, faults, mistakes, defects?								Column 5: What should I have done Instead? Be specific.
		Self-will	Self-Esteem – Ego	Emotional Security	Financial /Material Security	Pride Defiance Independence	Self-Pity	Self-reliance	Personal Relationships	Social Ambitions	Sexual Ambitions	Financial Ambitions	Selfish	Self-seeking	Dishonest	Inconsiderate	Frightened	Lafe of self-discipline or control	Trying to control others	Self-centered/ ego-centric	