## **Review of Resentments**

I'm resentful at:	The cause:	What did I do that was harmful?†	shortcomings?†

Resentments
I'm resentful at: What did I do that was harmful?† shortcomings?† The cause:

## **Review of Fears**

I'm fearful of:	Why do I have the fear?	What did I do?	What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?

I'm fearful of:	Why do I have the fear?	What did I do?	What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?

## **Review of Our Own Sex Conduct**

What did I do?	What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?
	What did I do?

08/07/2015 5 of 10

S. Conduct

Who did I harm?	What did I do?	What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?

08/07/2015 6 of 10

## **Review of Positive Attributes**

What are my affirmations?	Positive memories associated with affirmation