

Step Five

21

**Remove
OBSTACLES / IMPEDIMENTS**

Identify & Analyze

Fears

Sex

**Dishonesty
Secrets
Guilt
Shame**

Resentments

SELF

```
graph TD; SELF((SELF)) --> Fears[Fears]; SELF --> Sex[Sex]; SELF --> Resentments[Resentments]; SELF --> Dishonesty[Dishonesty  
Secrets  
Guilt  
Shame];
```

The diagram illustrates the process of identifying and analyzing obstacles to freedom. At the bottom center is a green circle labeled 'SELF'. Four arrows point from this circle to four separate boxes above it. The boxes are labeled 'Fears' (teal), 'Sex' (red), 'Resentments' (purple), and a larger box containing 'Dishonesty', 'Secrets', 'Guilt', and 'Shame' (orange). The overall theme is removing these obstacles to achieve freedom.