Name	What Did I Do To Hurt Them?	What motivated me to hurt them? Which of my basic instincts were threatened and caused me to be angry?							What should I have done instead? After completing this column, pray for the willingness to make amends for these harms.	Exact Nature of My Wrongs AKA "defects" or "shortcomings". Pick one or more					
		Self esteem	Personal relationship	Financial security	Emotional security	I Was Afraid	Sex relations	Ambitions (plans for the future)		Selfish	Dishonest	Self-seeking	Shame	Frightened	Inconsiderate
Example: JCPenney's	Stole a handful of items			x					Either purchased the items, or not taken them in the first place.	x	x			x	x
Example: IRS	Failed to be accountable to taxes owed			x				x	I can't afford to pay of the entire debt right now, but I do need to meet with the IRS on a payment plan, and stick with that plan.	x	x			x	

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