Name	What Did I Do To Hurt Them?	What motivated me to hurt them? Which of my basic instincts ("self") were suffering and caused me to hurt them?							My Sexual Ideal What should I have done instead? After completing this column, do the prayer suggestions beginning on page 69, paragraph 2 "God, mold my ideals and help me live up to them."	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	Frightened	Inconsiderate	Shame
Example: Sally	I cheated on her emotionally and physically with other women. When she wanted to talk about relationship, I was short with her. When she was going through a hard time over her father's death, I wasn't there for her. On more than one occasion, I sincerely promised I would shape up, only to act selfishly a day later.	x			x		x	x	I should have refrained from cheating on her, or at least ended our relationship cleanly before having sex with somene else. Honestly, I was never really into her. I should have been honest with myself about this, and ended the relationship earlier in a responsible, prompt fashion. When she wanted to talk about relationship, I should have been patient and made time for her, even though I don't enjoy those kind of talks. When her father died, I should have put aside my concerns long enough to get her through the tough spots…	x	x	x	x		x

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