

GLOSSARY

REVIEW OF . . .	
RESENTMENTS	To re-feel bitterness/anger which comes from rightly or wrongly held feelings of being injured or offended.
FEARS	A feeling of anxiety, agitation, uneasiness, apprehension, etc. May be temporary or continual.
SEX CONDUCT and HARMS	Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others.
AFFECTS MY . . .	
<u>Column 3</u>	
SOCIAL INSTINCT	Your natural tendencies or feelings from birth, having to do with people as a group with interests in common.
Self-Esteem	What we think of ourselves, high or low.
Personal Relationships	Our relations with other human beings and the world around us. Involves a third party. Note: do not use person from column one, only others around us.
SECURITY INSTINCT	Your natural tendencies or feelings of safety, freedom from danger or harm.
Material	Wanting money, property, clothing, housing, vehicles, etc., in order to be secure.
Emotional	Based on our need for another person or persons. Some people tend to dominate and some are overly dependent on others.
SEX INSTINCT	Your natural tendencies regarding sex.
Acceptable Sex Relations	Our sex lives as accepted by society, God's principles, or our own principles.
Hidden Sex Relations	Our sex lives that are contrary to society, God's principles, or our own principles.
AMBITIONS	Your plans or great desires.
Social Ambitions	Your plans to gain acceptance, power, recognition, prestige, etc.
Security Ambitions	Your plans to gain material wealth. To dominate or depend on others.
Sexual Ambitions	Your plans regarding your sex lives, either acceptable or hidden.

GLOSSARY

<u>Column 4</u>	
What is the exact nature of my wrongs, faults, mistakes, defects, or my shortcomings?	
EXACT	Very accurate, methodical, correct.
NATURE	The essential characteristics of a thing.
WRONG	Acting, judging, or believing incorrectly.
FAULT	Something done wrongly, an error or mistake.
MISTAKE	To understand or perceive wrongly.
DEFECT	Lack of something necessary for completeness - same as shortcoming.
SHORTCOMING	Falling short of what is expected or required-- same as defect.
SELFISH	<u>Strictly material</u> : property, money, housing, clothing, vehicles, etc.
DISHONEST	SEE BELOW ! COMMISSION AND OMISSION
DISHONEST BY COMMISSION	To commit, to do, to act on, out and out lies
DISHONEST BY OMISSION	To omit. What I didn't say. Did I tell them what I needed, how I felt or what I thought?
SELF- SEEKING	What I want matters more than what you want. My needs matter more than yours. My feelings or comfort comes first.
FRIGHTENED <i>page 62 (Driven by Fear)</i>	Fear of not being accepted. Fear of my wants, needs, or feelings not being met. People will think less of me.
INCONSIDERATE	Did I fail to consider how they felt, their wants, their needs, their beliefs, how I affected them.