

GUIDELINES

You will need to make 12 summaries.

One (1) summary for each of the four (4) groups of your defects of character in column 1 (selfish, dishonest, self-seeking and frightened, and inconsiderate) dealing with EACH of the three (3) lists that you have (resentment, fears and harms).

(1) Selfish → Resentments

(2) Selfish → Fears

(3) Selfish → Harms

(4) Dishonesty → Resentments

(5) Dishonesty → Fears

(6) Dishonesty → Harms

(7) Self-seeking & Frightened → Resentments

(8) Self-seeking & Frightened → Fears

(9) Self-seeking & Frightened → Harms

(10) Inconsiderate → Resentments

(11) Inconsiderate → Fears

(12) Inconsiderate → Harms

Instructions:

1. Label the top of paper with defect of character from column 4
2. Label *resentment, fear or harm*.
3. Give description of the cause from column 2.
4. State how the specific defect of character affected each column that was checked from column 3 by beginning each sentence with "Because of my (state specific defect of character), my....."
5. Sum up how your defect of character played a role in the *resentment, fear or harm*.

YOU ARE NO LONGER A VICTIM ! ! ! !

Selfish (Resentments)

I am resentful at the City Of Minneapolis, Bill B. and Dave A. The cause of the resentment is I had to fight to get a promotion that I felt I was clearly deserving of because of my seniority and qualifications. It didn't matter who I harmed along the way. What did seem to matter to me was the money, less work, more power and me getting my way!

Because of my selfishness, my *self esteem* was affected because I wasn't willing to understand why they had a problem seeing that I was the best for the job.

Because of my selfishness, my *personal relationships* were affected because I felt forced to step on some toes to get what I wanted.

Because of my selfishness, my *material security* was affected because I thought I may have advanced faster or further had these things happened sooner or on my terms.

Because of my selfishness, my *emotions* are effected because of the bad feelings I feel for these people.

Because of my selfishness, my *social ambitions* may have been harmed because I can't or don't trust myself at any social events where I know they will be for fear of what I may say or do.

Because of my selfishness, my *future security* was affected due to the loss of money which I felt may hamper my ambitions. My retirement fund and my wages are mainly what I thought may have been effected.

No matter what their part in this was, I took selfishness to an extreme. It was an obsession that helped create the resentment and emotions. Had I been less selfish, I may have been able to handle the situation differently with the same or better results. I would have been able to let go and move on!

Selfish

(Fear)

I am fearful of bankruptcy. The cause of this fear is my staying home with the girls and my husband not making enough money.

Because of my selfishness, my *self esteem* is affected because **I think** I can't buy and do the things **I'd like** to do for my family, **I feel** less than.

Because of my selfishness, my *personal relationships* are affected because all I talk about is my lack of money so therefore **I feel** unable to do a lot with my friends.

Because of my selfishness, my *material security* is affected because all I look at is what **I think** I can't do or can't have because of no money.

Because of my selfishness, my *security ambition* is affected because **I don't feel** financially stable.

Because of my **selfishness**, no matter how much money my husband made, it wouldn't be enough. I wanted more. I lost sight of faith in God that he would provide what was needed.

Selfish

(Harms)

I harmed an old boyfriend, Rob. I feel that I harmed him because I stayed in the relationship for a year after I lost interest in him. I had put a lot of the money I had earned into the relationship. He kept assuring me that it wouldn't be long before he could pay me back and give me more than I could have on my own. I felt justified in staying with him, waiting for what I felt I had coming. My plan was to leave once I was paid back.

~~Because of my selfishness~~, my *self esteem* was affected because I felt I was better than Rob. I felt I had put more into the relationship than he had. ~~I felt~~ I was too good for him.

~~Because of my selfishness~~, my *personal relationships* were affected because I gossiped to my friends and family about what a "loser" he was. They, in turn, tried to talk me into leaving, which I had no intention of doing until I was paid back. This caused tension in my relationships with my family.

~~Because of my selfishness~~, my *material security instinct* was threatened because I thought if I left, when emotionally the relationship was over, I wouldn't get my money and I would start over with nothing.

~~Because of my selfishness~~, my *emotional security instinct* was threatened because I was depending on him to pay me back. I wasn't working toward any arrangements for him to pay me back. ~~I thought~~ I needed to keep him emotionally locked into the relationship in order to get my money. We took turns emotionally dominating the relationship.

~~Because of my selfishness~~, my *acceptable sex relations* were affected because I had trouble having any sex relations with him once my feelings for him had changed.

~~Because of my selfishness~~, my *hidden sex relations* were affected because once my feelings for him had changed, I began to find that I was interested in other men. I flirted with them and lead them on. I wanted to know that once I was single again, I could find men who would be interested in me.

~~Because of my selfishness~~, my *security ambitions* were affected because I wanted to make sure I got the money I needed to get an apartment and other things I wanted to get started in my life without him.

~~Because of my selfishness~~, my *sexual ambitions* were affected because I had to put them on hold until I got my money. I had no sexual ambitions with Rob.

I took selfishness to an extreme. Rob's part could have changed if I hadn't been selfish. I didn't have to give him the money in the first place. My selfishness got in the way because I believed I would get more later if I paid then. Had I been less selfish, I would have kept the financial situation separate from the emotional situation. Instead I used his feelings for me and was dishonest about my feelings for him to ensure payment.