

Step 4 - Review of Harms Other Than Sexual

Wrong acts that result in pain, hurt feelings, worry, financial loss, etc. for others and also self

WHO DID I HURT?	WHAT DID I DO?	AFFECTS MY:	WHAT FEELINGS DID I CREATE IN OTHERS?	WHERE HAD I BEEN:
		Which part of self caused me to do what I did? Was it caused by the social instinct, the security instinct, or the sex instinct?	Did I arouse jealousy, anger, suspicion, bitterness, desire to retaliate? What should I have done instead?	Selfish, dishonest, self-seeking and frightened, inconsiderate? Which of these character defects caused me to do what I did to harm another?