

NAME (& Roles):

CAUSE OF UPSET FEELINGS - What they did, said, what I thought they did or said, etc.:

AFFECTS MY (Hurts, Threatens, and/or Interferes with):
circle YES/NO

I put the wrongs of others out of my mind and I LOOK FOR MY OWN MISTAKES. Where have I been Selfish, Dishonest, Resentful, and Afraid? (Corresponding Assets in parentheses.)

Self-Esteem - How I feel about myself:
YES NO

Selfish (Unselfish):

-Self-Centered (God-Centered):

Pride - How others perceive me:
YES NO

-Self-Pity, AKA Depression (Peace/Purpose/Confidence):

Ambition - What I want:
YES NO

-Arrogant (Humility):

Security - What I need to be OK:
YES NO

-False Pride (Humility):

Personal Relationships:
YES NO

-Lazy (Action):

Sex Relationships:
YES NO

-Jealous/Envious, or inspiring these (Trust/Contentment):

Pocketbook:
YES NO

Dishonest/Deceitful (Honest/Truthful):

Resentful/Angry (Forgiveness/Pure of Heart):

Afraid, AKA Anxious (Faith/Love/Belief):

"...Is there anything else?"

