Basic Instincts of life Which Creates Self

Social Instinct	Security Instinct	Sex Instinct
Companionship - Wanting to belong or to be accepted	Material – Wanting money, buildings, property, clothing, etc. in order to be secure in the future.	Acceptable – Our sex lives as accepted by Society, God's principles or Our own principles.
Prestige – Wanting to be recognized, or to be accepted as a leader.	Emotional – Based on our needs for another person or persons. Some tend to dominate, some are overly dependent on others.	Hidden - Our sex lives that are contary to either Society, God's principles or Our own principles
Self - Esteem - What we think of ourselves, high or low.	Ambitions - Our plans to gain material wealth, or to dominate, or to depend upon others.	Ambition – Our plans regarding our sex lives either acceptable or hidden.
Pride – An excessive and unjustified opinion of oncself, either positive (self love) or negative (self hate).		
Personal Relationships – Our relations with other human beings and the world around us.	Self	
Ambitions - Our plans to gain acceptance, power, recognition, prestige, etc.		

	Wrongs	
Resentments	Fear	Harms or Hurts
Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.	Feelings of anxiety, agitation, uncasiness, apprehension, etc.	Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.

Inventory	Inventory Comparison
Business	Personal
Business: A commercial enterprise or establishment. The objective of any hysiness is to make money	Personal Business: The business of living. Each person "runs his
"A business which takes no regular inventory usually goes broke." (Big Book Page 64)	his life usually goes broke. A person who does not know what is going on, or actually taking place in his life may loose his life if he becomes addicted to food. "First we must be convinced that any life run on self-will cannot be a success." (Bio Book Page 60)
Fact-Finding	Searching
Fact: Something that is stated as being true or in existence.	Searching: Examining thoroughly: to look through in order to find
Finding: A discovery of something.	
"It is an effort to discover the truth about the stock-in-trade." Big Book Page 64	"We searched out the flaws in our make-up which caused our
Fact-Facing	Fearless
Facing: To meet confidently or definitely: to accept and prepare to deal with unpleasant facts or problems. "If the owner of the business is to be successful, he cannot fool himself about values. (Big Book Page 64)	Fearless: Without fear, feeling no fear, knowing no fear. "It is a strenuous effort to face and be rid of the things in ourselves which have been blocking us." (Big Book Page 64)
Truth	Moral
Truth: The quality of being true, a fact, actual.	Moral: Truth or correctness, based on one's sense of right and wrong, one's judgment of the truth. "Where had we been selfish, dishonest, self-seeking?" (Big Book Page 67)
Stock-In-Trade	Ourselves
Stock: Goods, merchandise – anything that is needed to run a successful business. A business is equal to the stock it has to sell. "One objective (of inventory) is to disclose damaged and unsaleable goods, to get rid of them promptly and without regret, Big Book Page 64)	Thoughts, Ideas, Conceptions: We are stock-in-trade. Our thoughts are our lives. Our lives are no more than the thoughts we have each day. "We went back through our lives. Nothing counted but thoroughness and honesty." (Big Book Page 65)

Copyright C 1989 Kelly Foundation, Inc All Rights Reserved Permission to reproduce is granted by the Kelly foundation soley for the dissemination of information and not for profit

CT ü instruction 4 instruction ? Instruction 1 seaking, and inglessed and inconsiderate? (Astung ourselves the accover questions we compare each redurin within column 4.) Reading from ten to gight we now see this resemment (column 1), the causescolumn 2), the part of self that had been affected (column 3), and the exact nature of the detect 4 unit column 3 is complete). Referring to pur list again. Puring our of our minds the emorgs or are had gone, we reaching to pur list again. Where had we been settler, gathonest, set-In debting with respiritments we set them on paper. We stand people, institutions or percepte with abone or enter any ryflour pulse exturning from the foliation of the nothing an estimate 2.3 or 4 unit abone 1 is compared; the stand outsides why we were study? (Compare estimate 2 from top to bottom, Do nothing on columns 3 or 4, until delumn 2 is compared.) security, our ambittons, our personal or ser instaltons which had been interfered with? Complete each course white course 3 going from top to bottom, Stating with the Set Extern column and leisthing with the Setual Ambitana column. Do nothing on column On our grudge list we set opposite each name out injuries. Was a our settleaten, out I'm resentful at: within us that allowed the resentment to surface and block us of from God's wall [column 4]. INSTRUCTIONS FOR COMPLETION **Review Of Resentments** COLUMN 2 The cause: Social Instinct Sell-Esteem Personal Relationships (Which part of self caused the fear?) Securny Material Instinct Affects My... Emotional COLUMN 3 Acceptable Instinct Sex Relations Sex Hidden Sex Relations Social Ambilions Security Sexual nature of my wrongs, Sellish What is the exact laults, mistakes, shortcomings: delects, COLUMN 4 Dishonest Self-Seeking Frightened Inconsiderate

7	O	(J)	4	ω	N	 T	1	808		
···							instruction s	Instruction 4	instruction 3	instruction 1
						I'm fearful of:	we compare each coulon within column 4.] Reading from last to right we now see the leaf (column 1), why do I have the teach the part of self that caused the feat (column 3), and the each nature of the each within us that aboved the feat to surface and block us off from Gors will (column COLUMN 1 COLUMN	Exterin column and tinishing with Iris Said until column. In acceptable, in April 1997, and it again. Putting but of a reactively tooked for our minishes. With the party and Inghan ad and incorationals.	nothing an columns 3 or 4, until dolumn 2 is complete.) What pout of leaf caused the feat. Was a our leaf set serve, our What pout of leaf caused the feat. Was a our leaf set serve, our performs a sea sealions which had been interfaced with? (Complete leaf) column within columns 3 going from toe a boy (Complete leaf) column within columns 3 going from toe a boy	In dealing with learn we set them on paper. We lained people inductions are proviped with whom we were tearful. Compart options on the street people of the
						Why do I have the fear?	we complete each column writin column 4.] Reading from left to gight ed now see the last (column 1), why do I have the teat(column 2), the part of set that caused the fear (column 3), and the exact nature of the particle setting column 3), and the exact nature of the particle setting column 3). COLUMN 1 COLUMN 2	Esteem column and tinathing with the Serual Arrostone column. De nothing on column 6 unit dolumn 3 is compliate. Réfering to but list again. Putting but of our minot the wrongs others had done, we recolully booked for our primitables. Where had we been satisfy, gathories, a par- reserving, and frightened and inconsiderate? [Asking burstelnes the approximations].	nothing an columna 3 or 4, until dejumn 2 is complete.) What part of self-cusped the fear. Was a our fear deteinn, 6ur security, our ambitions But personal or sea resultons which had been manifered which? Complete seath column within column 3 going from top to before. Starting with the Say	In dealing with feath we set them on paper. We lated people, in the form of people, instructions of processes with whom we were tearful, Complete a county, I from the people of people of the people
						e P	Sell-Esteem			1
							Personal Relationships	Social Instinct	(%	
							Material	Security	Affects My (Which part of self caused the fear?)	
		1					Emotional	urity incl	Affec rt of se	COTS
							Acceptable Sex Relations	Sex Instinct	Affects My.s.	"SELF"
							Hidden Sex Relations	<u></u>	d the f	
						 \vdash	Social Social	Amb	ear?)	
						-	Security Sexual	Ambitions		
							Sellish		nati	
-							Dishonest	aults, del del shortc	that is	COL
							Self-Seeking Frightened	faults, mistakes, defects, shortcomings;	What is the exact nature of my wrongs	COLUMN 4
						,	nconsiderate	S. S.	cact ongs,	

6 S inet/uction 3 1 versenneur If unit column 2 is complaint; A unit column 2 is complaint; Parliamny to out list again, Pursing out at our rainds the wrongs creats had cons, we resolvely bodied for our cent mittakes. Where that set been settle, de bonnel, set resolvely, and rightened and inconsiderable? (As any outselves the above questions resolvely, and rightened and inconsiderable? (As any outselves the above questions see our risks each column within column 4.) Basking from left to right we have see they harrycolumn 1), and the statif nature of the cylind the path of set that caused the harmycolumn 1), and the statif nature of the cylind. within us that adopted the harm to surface and block us of from God's will (column 4). Was if our self exceed, our security, our artisticins our persons or say relations which caused the harm? Complete each column within column 1 going from top to content, Starting with the Set Esteam column and teaching with the Sealus Ambitions column. Do nothing an column lop to bottom De nothing an columna 2.3 or 4 unit column 1 is complete.) We stude but serves what we did. (Complete column 2 from top to bottom, De nothing on columns 3 or 4 unit deturn 2 is complete.) Who did I harm? We latted people we harmed. (Complete column 1 Inpm What did i do? COLUMN 2 Self-Esteem Social Personal Relationships (Which part of self caused the harm?) Security Instinct Material Affects My... Emotional COLUMN 3 Acceptable Sex Relations Inslinct Hidden Sex Relations Social Ambilions Security Sexual nature of my wrongs, Settish What is the exact faults, mistakes, shortcomings: COLUMN 4 defects, Dishonest Self-Seeking Frightened Inconsiderate

COMPLETION

Review Of Our Own Sex Conduct

V - 4 age q

		8.624.530.7.0000.0r	ž	П		N	မ		Ui	0	7
List the people and institutions you have harmed in	any way.	A. Listing from top to bottom. B. List what you did. C. What part of salf caused you the harm?(Column 3)	D. What character defect was involved?(Column 4) column 1	Whom did I hurl:							
ons you have harmed in		n. you the harm?(Column 3)	s involved?(Column 4) cotumn 2	What did I do:							
		Social Insilnct	Sell-Esteem								
	(W)	nct	Personal Relationships		٠,						
	ich pa	Sec	Material								
Alfe	n of a	Security	Emotional					l			
Affects My	eli cau		Acceptable Sex Relations							enterm E.	
	(Which part of sell caused the fear?)	Sex Instinct	Hidden Sex Relations								
	fear?	A	Social								
	_	Ambitions	Security								
)ns	Sexual								
≦	natu	8 10	Selfish								
CONTRACT CO.	90	def nortc	Dishonest								
at is	= 0							-5//			
What is the exact	nature of my wrongs,	faults, mistakes, defects, shortcomings:	Self-Seelung Frightened					Zemporze e-		 	names some

People I Have Harmed

Amends List

Put all amends on this sheet in the column you think is appropriate

Now					
Later					
Maybe					
Never					

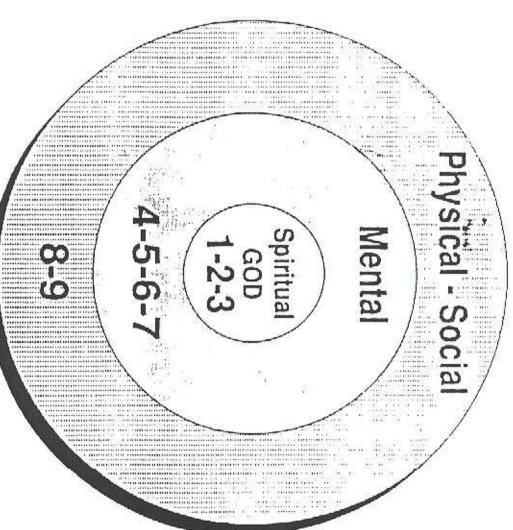
Direct Amends

List those you are willing to make Amends to Now, Later and/or Maybe

Make Amends To	1.		2.		3.		4.		òı		6.		7.	
Direct	Face to Face	Proportion												
The Cause			1											
Wherever									39					
When To Do														
Results														

others may die or move. In your future there will be changes. People you had not intended to make amends to may have come back into your life, and Do not destroy your list. Keep it in a safe place. It may be good to start a mental list of this part of your past life.

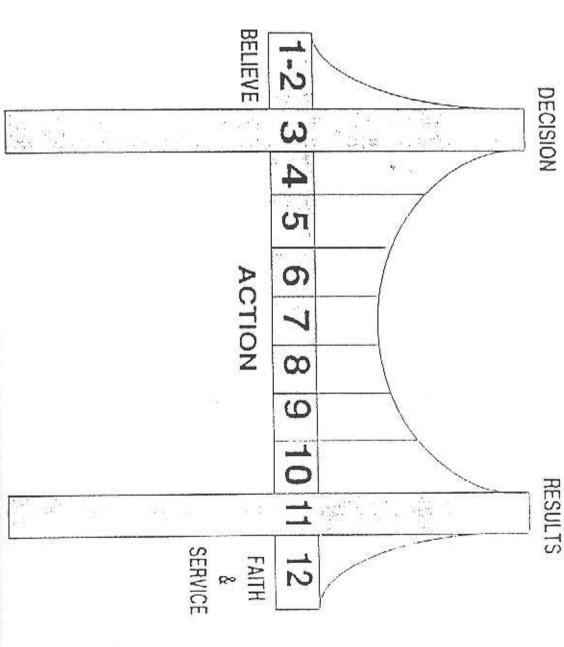
importance of your relationship with others. Never forget the pains of restoring the relationship with others. This pain should make you more aware each day of the



Trust	Suspicion
Trijet	
Self-Forgiveness	Self-Condemnation
Modesty	Self-Importance
Humility – Seeking God's Will	Self-Justification
Self-Forgetfulness	Self-Pity
Good Deeds	Harmful Acts
Love - Concern For Others	Hate
Forgiveness	Resentment
Patient	Impatient
Moderation	Gluttony
Take Action	Sloth
Grateful	Envy
Calm	Anger
What Can We Do For Others	Lust
Giving or Sharing	Greed
Humility – Seeking God's Will	Pride
Considerate	Inconsiderate
Courage	Frightened
Honesty	Dishonesty
Interest in Others	Selfish and Self Seeking
God's Will	Self Will
Of	Of
Personality Characteristics	Personality Characteristics

Copyright C 1989 Kelly Foundation, Inc All Rights Reserved Permission to reproduce is granted by the Kelly foundation soley for the dissemination of information and not for profit

.. over the Bridge of Reason towards the desired shore of faith."



COPYRIGHT® 1989, KELLY FOUNDATION, INC. ALL RIGHTS RESERVED. PERMISSION TO REPRODUCE IS GRANTED BY THE KELLY FOUNDATIONING. SOLEY FOR THE DISSIMINATION OF INFORMATION AND NOT FOR PROFIT