

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 contrary 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 oneself, 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	
	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, uneasiness, apprehension, etc.	Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.

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

INSTRUCTIONS FOR COMPLETION

Review Of Resentments

"SELF"
COLUMN 3

COLUMN 4

- Instruction 1 In dealing with resentments we set them on paper. We listed people, institutions or principles with whom we were angry. (Complete column 1 from top to bottom. Do nothing on columns 2, 3 or 4 until column 1 is complete.) We asked ourselves why we were angry. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)
- Instruction 2 On our guide list we set opposite each name our "Whose fault is our situation, our security, our ambition, our personal or sex relations which had been interfered with?" Complete each column with column 2 going from top to bottom. Starting with the "Self" column and finishing with the "Social Ambitions" column. Do nothing on column 4 until column 3 is complete.
- Instruction 3 Referring to our list again, putting out of our minds the wrongs others had done, we mentally looked for our own mistakes. "Whose had we been selfish, dishonest, self-seeking, and inglorious and inconsiderate?" (Making ourselves the above questions we complete each column within column 4.)
- Instruction 4 Reading from left to right we now see the resentment (column 1), the cause (column 2), the part of self that had been attacked (column 3), and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will (column 4).

COLUMN 1 I'm resentful at: COLUMN 2 The cause:

	Affects My... (Which part of self caused the fear?)									What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:			
	Social Instinct		Security Instinct		Sex Instinct		Ambitions			Selfish	Dishonest	Self-Seeking Frightened	Inconsiderate
	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual				
1													
2													
3													
4													
5													
6													
7													

People I Have Harmed

"SELF"

COLUMN 3.

COLUMN 4

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 self caused you the harm?(Column 3)

D. What character defect was involved?(Column 4)

		Affects My... (Which part of self caused the fear?)						What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:							
		Social Instinct		Security Instinct		Sex Instinct		Ambitions							
		Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking	Frightened	Inconsiderate
COLUMN 1		COLUMN 2													
Whom did I hurt:		What did I do:													
1															
2															
3															
4															
5															
6															
7															

Direct Amends

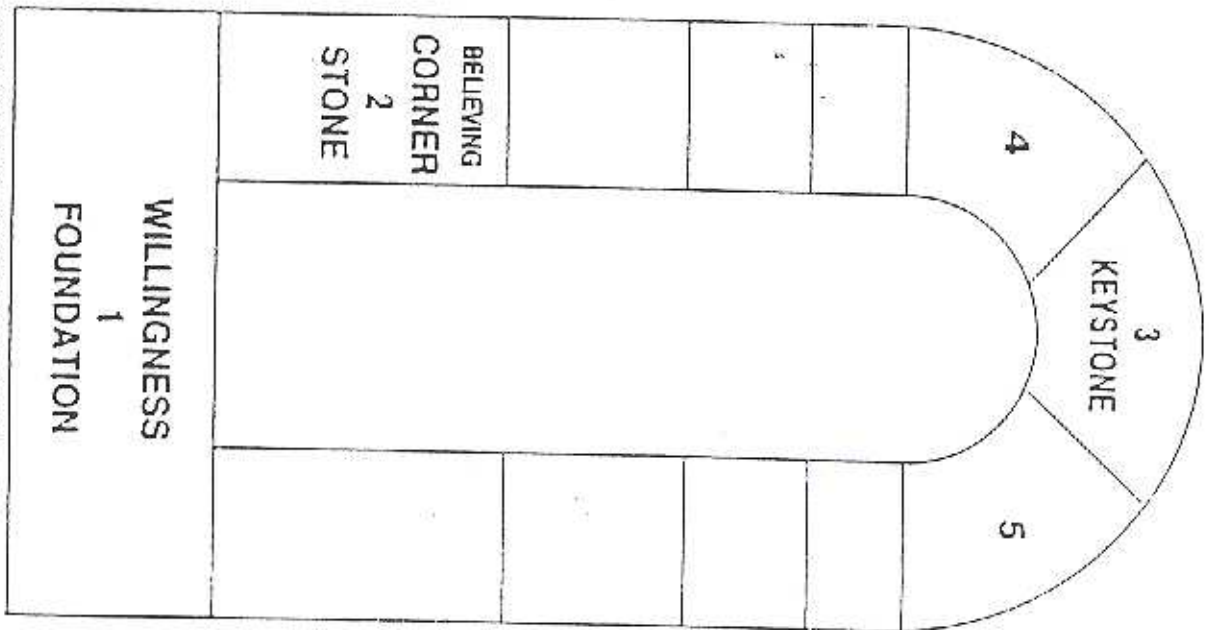
List those you are willing to make Amends to Now, Later and/or Maybe

Make Amends To	Direct	The Cause	Wherever Possible	When To Do So	Results
1.	<u>Face to Face</u> Proportion				
2.	<u>Face to Face</u> Proportion				
3.	<u>Face to Face</u> Proportion				
4.	<u>Face to Face</u> Proportion				
5.	<u>Face to Face</u> Proportion				
6.	<u>Face to Face</u> Proportion				
7.	<u>Face to Face</u> Proportion				

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.

In your future there will be changes. People you had not intended to make amends to may have come back into your life, and others may die or move.

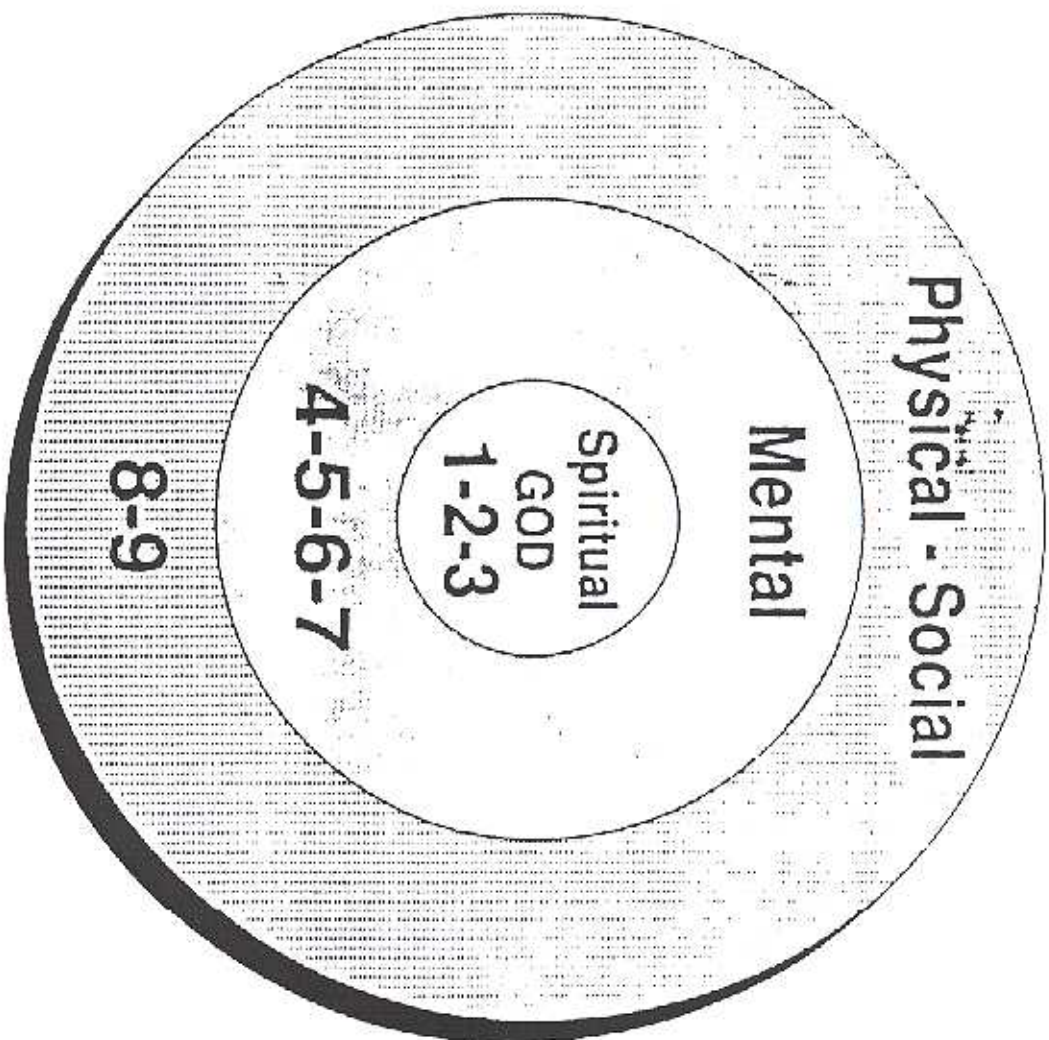
Never forget the pains of restoring the relationship with others. This pain should make you more aware each day of the importance of your relationship with others.



COPYRIGHTS 1989, KELLY FOUNDATION, INC. ALL RIGHTS RESERVED. PERMISSION TO REPRODUCE IS GRANTED BY THE KELLY FOUNDATION INC. SOLELY FOR THE DISSIMINATION OF INFORMATION AND NOT FOR PROFIT.

THE THREE DIMENSIONS OF LIFE

Steps 1-thru-9



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

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

DECISION

RESULTS

