

THE PROCESS HARM DONE TO OTHERS & SEXUAL CONDUCT

RECOVERED

Who did I hurt	List each thing I did to hurt them	Which of the basic instincts do these fears affect?							What should I have done instead?
		Self Esteem	Pride	Emotional Security	Financial	Ambitions	Personal Relations	Sex Relations	This is where we also start planning and changing our behaviour towards other people.
Friend Carl	I beat him up								
Mum	I stole money from her								
Coca Cola	I stole a box of coca cola								
Girl Friends – Karla, Robin, Mary	I had other relationships whilst I was with them								
Employer -Talbot	I took time off pretending I was sick when I wasn't								