

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	Y	Y				Y		I should have let him go first instead of pushing in and then beating him up.
Mum	I stole money from her	Y	Y	Y	Y		Y		I should not have taken the money I could have gotten a job or asked for it.
Coca Cola	I stole a box of coca cola			Y					I should have asked if I could have some coke.
Girl Friends – Karla, Robin, Mary	I had other relationships whilst I was with them	Y		Y			Y	Y	I should have been faithful
Employer -Talbot	I took time off pretending I was sick when I wasn't				Y				I should have gone to work