

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.

THE PROCESS

RECOVERED