

NOTE ON THE "CHEAT SHEET":

This form lovingly called the "Cheat Sheet" is usually printed. Then the two pages of information on answering the "Fourth Column" questions and the "Character Defects" are placed back to back and laminated. This becomes useful to have available when we are having trouble seeing OUR PART.

Character Defects

Abandonment	Doubt	Manipulative	Self-Hate
Abusive	Egocentricity	Mind-Reading	Self-Importance
Addictions	ENVY	Negativity	Self-Indulgence
Aggravation	Evasiveness	Obsession	Selfishness
Agitation	False-humility	Offensive	Self-Justification
Airhead	False-Pride	Over-eating	Self-Obsession
Alcoholism	Fear	Over reactive	Self-Pity
ANGER	Frustration	Over sensitive	Self-Righteousness
Annoyance	GLUTTONY	Panicky	Self-Seeking
Arrogance	Gossip	Patronising	Shame
Belligerent	Grandiosity	Paranoia	SLOTH
Blame	GREED	People pleasing	Sensitivity
Bigotry	Hate	Perfectionism	Spite
Bored	Hero-Worship	Phoney	Stoic
Coldness	Hypersensitivity	Playing dumb	Suspicion
Condescending	Hypocrisy	Possessiveness	Touchy
Confusion	Impatience	Prejudice	Two-faced
Controlling	Inconsiderate	PRIDE	Ungrateful
Cowardice	Indignation	Procrastination	Unwillingness
Cynicism	Insecurity	Rage	Vengeful
Deceit	Insincere	Rebellious	Victim
Depression	Intolerance	Rejection	Vindictiveness
Devious	Irritation	Resentment	Violent
Disbelief	Jealousy	Resistant	Withdrawn
Dishonesty	Judgement	Righteous-Indignation	Worry
Dislike	Lazy	Self-Centeredness	
Dismay	Lying		
Dissatisfaction	LUST	Self- Condemnation	

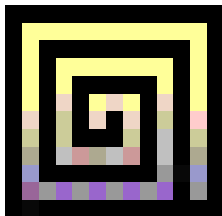
Cheat Sheet for Inventory Questions

Selfish|Self Centred

- Wanting things our way
- Wanting special treatment
- Wanting our "needs" met
- Wanting what others have
- Wanting control
- Wanting to be the best
- Wanting others to be like me
- Wanting more than my share
- Wanting to look good at another's expense
- Wanting to be liked
- Not seeing others' POV
- Not seeing others' problems
- Not being a friend
- Being dependant
- Being dominant
- Being grandiose
- Being miserly
- Being possessive
- Thinking **they're** jealous
- Reacting from self-loathing
- Reacting self-righteously
- Too concerned with me

Self-Seeking

- Manipulating others to do our will
- Put others down to build us up (inside or out)
- Character assassination
- Acting out to fill a void
- Engaging in gluttony
- Lusting after another
- Ignoring others' needs
- Trying to control others
- Getting revenge when I don't get my way
- Acting out to feel good
- Holding resentment



Dishonest

- Not seeing/admitting where we were at fault
- Thinking we're better
- Blaming others for our problems
- Not admitting we've done the same thing
- Not expressing ideas
- Not being clear
- Hiding our true motives
- Lying
- Cheating
- Stealing
- Not facing facts
- Hiding from reality
- Holding on to false beliefs
- Breaking rules or laws
- Lying to ourselves
- Exaggerating
- Minimising
- Setup self to be wronged
- Expecting others to be what they and/or we are not
- Being a perfectionist

Fears

- Peoples' opinions
- Rejection
- Abandonment
- Loneliness
- Physical injury
- Abuse
- Not being able to change ourselves or others
- Not being in control
- Our inferiority
- Our inadequacy
- Criticism
- Expressing our selves
- Getting trapped
- Exposure
- Embarrassment



Our Part

- Making sweeping generalisations
- Gathering evidence to prove ourselves right
- The rest of our part will be a distillation of the answers to the preceding questions

Responsible – "Blame"

- Our feelings
- Our emotions
- Our beliefs
- Our Actions
- Our Re-actions
- For harsh judgement
- For ignoring the facts
- Being careless
- Bringing past into present
- Not deal with feeling
- Our feelings
- Not working program
- For our own upset
- For our ignorance

Decisions Or Choices

- People are stupid
- Women are weak
- Women are dangerous
- Women are ...
- Men are better off
- Men are liars
- Men are ...
- We can't trust women
- We can't trust men
- I am stupid
- I am always right
- I am always wrong
- Nobody loves me
- I'm unlovable
- I'm ugly
- I have a bad temper
- My nose is too big
- Sex is dirty
- Marriage is ...
- Life is ...
- Heights are...
- Bugs are ...
- Pets are ...
- Whites are ...
- Blacks are ...
- Spanish are ...
- Germans are ...
- Americans are ...
- British are ...
- French are ...
- Etc. etc. etc.

