**4TH STEP**

**SEXUAL HARMS and OTHER HARMS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| WHO I HURT  Name of person | WHAT I DID | EMOTIONS I MAY HAVE TRIGGERED in others?  Have I been selfish, dishonest, or inconsiderate? | WHAT I COULD HAVE DONE INSTEAD | Character Defects  (Don’t do this column until Step 6) |
|  |  | Eg. Hurt, Jealousy, Suspicion, Anger, Resentment, Bitterness, Insecurity, Humiliation, Shame… |  |  |
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