

## **Glossary and explanation of key words:**

### *Inventories*

Resentment(s)	Feelings of bitter hurt or indignation (anger excited by assumptions made) which come from rightly or wrongfully held feelings of being injured or offended (wrong judgement).
Fear(s)	Feelings of anxiety, agitation, uneasiness, apprehension, dread, worry, etc. (wrong belief).
Harm(s)	Wrong acts which result in pain, hurt feelings, worry, financial loss, etc.; these towards others and self (wrong action).
Good qualities	Qualities within us that appear naturally, that generally bless, help, uplift or benefit others to another person's ultimate advantage.
Motive	My true purpose when benefitting someone else (including God); whether with little or no thought to any gain for myself in any way (good motive) or doing something with the intention of gaining something for myself, which could include personal satisfaction (wrong motive).

### *Instincts affected in ourselves*

Social Instinct	My built-in desire to belong to and/or be accepted (companionship) by a community or group of people, wanting to be recognized and/or to be accepted as a leader (prestige). My view of myself, high or low (self-esteem), and my relations with others and the world around me (personal relations).
Security instinct	My built-in desire for money, clothing, shelter, etc., in order to feel secure in the future (material), and my desire to be wanted by others in order to feel at ease (emotional).
Sexual instinct	My built-in desire for sexual intimacy that does not affect my conscience in any way (acceptable sexual relations), and my desire for sexual intimacy that affects my conscience in some way (unacceptable sexual relations), in order to feel sexually fulfilled.
Ambition(s)	My plans to gain or acquire all or some of those things mentioned in our three instincts above, so that I can ultimately achieve my goals for each instinct sometime in the future (sooner rather than later).

### *Our defects (wrongs)*

Selfish	When I am deficient in my consideration of others (can be conscious or unconscious), giving primary attention to my own agenda, while paying little or no attention to anyone else's agenda or wellbeing, or putting mine before theirs.
Self-seeking	Occupied mainly with my own affairs, seeking mainly or solely to further my own interests.
Dishonest	The act of not telling the truth, lying, cheating, stealing, deceiving, telling half-truths, or sometimes not speaking up when I know that the truth might shed light on a subject, thereby changing the outlook or outcome.
Frightened	Being in a temporary or continual state of fear, which includes all or some of the feelings of anxiety, agitation, uneasiness, apprehension, dread, worry etc.
Inconsiderate	Without thought or consideration of others; not taking the time to consider possible scenarios as to why another might behave the way they do in different situations.