Who Was It ?	What did we do?	What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings.					Did I unjustifiabley arouse?			Who Did I Harm?	What should I have done instead?
We list the people with whom we have experienced secual conduct.	We ask ourselves what we did	Was I Selfish?	Was I Dishonest?	Was I Inconsiderate?	Was I Self-seeking?	Was this relationship selfish?	Jealosy?	Bitterness?	Suspicion?	Who was harmed ?	