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| **With Whom we were Angry** | **Why Were We Angry** | **Injuries** | **Our Own Mistakes** |
| People, Institutions | What Happened? | self esteem, security | What did I do? |
| & Principles |   | ambitions, personal or | Where had I been selfish, dishonest,  |
|   |   | sex relations, pride | self-seeking and frightened |
| Column 1 | Column 2 | Column 3 | Column 4 |
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