Do each Column before you turn to the rows.
Column #1 first. Brain dump of people, institutions and principles that are on your mind. Just the names. When you have run out of steam on Column #1, turn to Column #2.
In Column #2, just the facts. Not your feelings. Just the facts. And you may find recall more names, for Column #1, as you work through Column #2. Add them to Column #1 and include them in the process. And some of the names in Column #1 may have blanks for Column #2; blanks where you say, "I cannot think of why this name is here." Just move on.
Then turn to Column #3. Use your own words. Don't limit your words to phrases that you have read. Be honest.
Column #4; use your own words and keep an open mind. And in Column #5 tease out the words that describe the defects.

The Names of People, Institutions, and Principles that bug me, put me off, irritate me, or are just on my mind. Just the names. List them and don't think for now about why they are there. Just because they come to mind, they get on the list.	**Now, after the names are listed. Think, "why did they come to mind?" And just the facts. Point form. Not your feelings. Not "they made me angry." Rather "he did this." Stick to the facts. And add any new names that come to mind.**	**Now, how did that affect me? What was the financial, emotional or other reaction to these facts? Lost my temper. Upset my day. Made me feel shame or guilt or both. Made me fearful. I became envious. Use your own language and phrases. Add any new names or facts that come to mind.**	**Now, what is my part, mistake, or role in all of this? Be aware of your part at the time of the event could be years ago. Be aware of your part today, e.g., hanging on to the old feelings. And anything in between. Use your own language. Watch for repeated phrases those are the patterns revealed.**	**Key words and phrases that come out of each row. Entitlement. Judgmental. Opinionated. Prideful. Envious. etc.**