

## Celebrate Recovery

### Inventory Worksheet Guide and Helpful Questions

"Let us examine our ways and test them and let us return to the Lord" Lamentations 3:40

The Person	The Cause/Event	The Effect	The Damage	My Part
Who and/or what is the object of my resentment or fear?	What specific action and/or hurt me?	What effect did that action have on my life?	What damage did that action have on my basic social, security and/or sexual instincts?	What part of the resentment am I responsible for?
Names Institutions Places Issues - IE health	Events Incidences	Feelings Emotions Belief System Shame Guilt Inadequacies	Losses Broken Relationships Financial Fear/Intimacy Distrust Character Defects	Character Defects Choices Addictions Behaviors Compulsions Attitudes Who are the people I have hurt? <b>Childhood abuses:</b> <b>None, Not Guilty</b>

**Celebrate Recovery**

Inventory Worksheet Guide and Helpful Questions

"Let us examine our ways and test them and let us return to the Lord" Lamentations 3:40

The Person	The Cause/Event	The Effect	The Gain	My Part
Who and/or what has brought me joy?	What specific action occurred to encourage me?	What effect did that action have on my life?	What positive effect did that action have on my basic social, security, and/or sexual instincts	What part of the joy am I responsible for?
Names Institutions Places Issues - IE health	Events Incidences	Feelings Emotions Belief System Self-Image	Gains Positive Relationships Financial Security/Intimacy Increase Faith/Trust	Character Traits Choices Behaviors Attitudes Who are the people I brought joy to? How have I brought them joy?

**Examples of THE NEGATIVE**

The Person	The Cause/Event	The Effect	The Damage	My Part
Who and/or what is the object of my resentment or fear?	What specific action and/or hurt me?	What effect did that action have on my life?	What damage did that action have on my basic social, security and/or sexual instincts?	What part of the resentment am I responsible for?
Dad	Threatened to kill my mother when he was drunk when I was 4 years old	Scared Threatened	Strained relationship with dad. Unhealthy fear of dad.	Not Guilty
Dad	Unrealistic expectations	Shame Pressured Rejected Belief System: Perfection equals love	Strained relationship with Dad. Afraid of failure would lead to abandonment. Low self esteem	Not Guilty. Hurt wife and kids by trying to control their behavior, put unrealistic expectations on them

**Examples of THE NEGATIVE**

The Person	The Cause/Event	The Effect	The Gain	My Part
Who and/or what has brought me joy?	What specific action occurred to encourage me?	What effect did that action have on my life?	What positive effect did that action have on my basic social, security, and/or sexual instincts	What part of the joy am I responsible for?
Step Dad	Taught me to fish	Special Proud Successful	Quality time with step dad. Love for fishing	Continued to fish with my step dad, family and friends
Donald	Showed me new way to program something on a computer	Inspired Energized Encouraged	Love for computer programming. Open a new world. Efficiency in programming.	Career path Good paying job Provide for my family Did some tutoring