

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 NEGATIVES

The Person/Object	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 event 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 Insitutions Places Issues	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? How have I hurt them? *Childhood abuses: None, Not Guilty!

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THE POSITIVES

The Person/Object	The Cause/Event	The Effect	The Result/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	Events Incidents	Feelings Emotions Belief System Self-image	Gains Positive Relationships Financial Security/Intimacy Increased Faith/Trust	Character Traits Choices Behaviors Attitudes Who are the people I have brought joy to? How have I brought them joy?

Examples of THE NEGATIVES

The Person/Object	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 event 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 one time	Scared Threatened	Strained relationship with dad Unhealthy fear of dad	Not guilty
Dad	Unrealistic expectations	Shame Pressured Rejected Perfection equals love	Strained relationship with dad Afraid that 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

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The Person/Object	The Cause/Event	The Effect	The Result/Gain	My Part
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Step Dad	Taught me to fish	Special Proud Successful	Quality time with my 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 programing Opened a new world Efficiency in programing	Career path Good paying job Provide for my family Did some tutoring

List of Feelings to Help Identify: Step 4

Leading a Group Through the 4th Step: CR Summit 2009 Karrie Wood

(to be used in column 3: The Effect)

Able	Delighted	Glad	Lazy	Proud	Trapped
Adequate	Depressed	Good	Left out	Quiet	Troubled
Agonized	Desirous	Greedy	Lonley	Rage	Ugly
Alone	Despairing	Grief	Longing	Rejected	Uneasy
Ambivalent	Destructive	Guilty	Loving	Relaxed	Used
Angry	Determined	Happy	Low	Relieved	Useful
Annoyed	Different	Hateful	Mad	Remoseful	Violent
Anxious	Discontented	Helpful	Mean	Restless	vulnerable
Ashamed	Distracted	Helpless	Miserable	Rushed	Weak
Bad	Distraught	High	Naughty	Sad	Weepy
Beautiful	Disturbed	Homesick	Neglected	Satisfied	Wicked
Betrayed	Eager	Honored	Nervous	Scared	Wise
Bitter	Empty	Horrible	Nice	Screwed up	Wonderful
Bold	Energetic	Hostile	Nutty	Selfish	Worried
Bored	Envious	Hurt	Obnoxious	Sexy	
Brave	Evil	Hysterical	Obsessed	Shocked	
Burdened	Exasperated	Ignored	Odd	Silly	
Calm	Excited	Imposed on	Opposed	Skeptical	
Capable	Exhausted	Impressed	Overwhelmed	Sorrowful	
Cheated	Fascinated	Infatuated	Pained	Spiteful	
Childish	Fearful	Infuriated	Panicked	Startled	
Competitive	Flustered	Inspired	Peaceful	Strange	
Condemned	Foolish	Intimidated	Persecuted	Stunned	
Confused	Frantic	Indifferent	Petrified	Sympathetic	
Confident	Frustrated	Isolated	Pitiful	Tempted	
Concerned	Frightened	Jealous	Pleasant	Tense	
Crushed	Free	Joyous	Pressured	Terrible	
Deceitful	Full	Jumpy	Pretty	Threatened	
Defective	Furious	Kind	Powerful	Tired	

Character Defects <i>(to be used in column 4: The Damage)</i>					Character Assets <i>(column 4: The Result)</i>	
Abrasive	Distant	Irritable	Resentful	Unrealistic	Dependable	Peaceful
Aggressive	Distrustful	Isolated	Rigid	Unromantic	Disciplined	Permissive
Aloof	Dominating	Jealous	Rude	Unscrupulous	Extroverted	Persistent
Angry	Dramatic	Judgemental	Rueful	Unstable	Faithful	Playful
Anxious	Egocentric	Lazy	Sarcastic	Vague	Flexible	Polite
Apathetic	Envious	Lonely	Secretive	Vain	Forgiving	Punctual
Argumentative	Evasive	Lust	Self-centered	Vindictive	Free	Rational
Arrogant	Fearful	Lying	Self-condemning	Vulgar	Friendly	Realistic
Attention-seeking	Flighty	Manipulative	Self-doubting	White-knuckled	Generous	Relaxed
Belligerent	Forgetful	Materialistic	Self-hating	Withdrawn	Gentle	Reliable
Bigot	Gluttonous	Negative Thinking	Self-important	Workaholic	Giving	Responsible
Bitter	Gossipy	Neglectful	Selfish	Accepting	Good Listener	Romantic
Bossy	Grandiose	Obsessed	Self-justification	Adventurous	Grateful	Selfless
Braggart	Greedy	Opinionated	Self-pity	Agreeable	Guilt-free	Self-liking
Careless	Guilty Conscience	Over-cautious	Self-seeking	Analytical	Helpful	Self-sufficient
Closed-minded	Hateful	Overly-emotional	Short-tempered	Approving	Honest	Sensitive
Cold-hearted	Head-strong	Passive	Shy	Assertive	Humble	Serene
Complaining	Hostile	Perfectionistic	Snob	Attention-giving	Industrious	Sociable
Compulsive	Humorless	Perverted	Stingy	Attentive	Involved	Specific
Controlling	Immature	Pessimistic	Stubborn	Bold	Kind	Spiritual
Critical	Impatient	Possesive	Submissive	Careful	Lawful	Steady
Cruel	Impulsive	Prejudiced	Superficial	Cautious	Loving	Straight-forward
Deceitful	In-authentic	Preoccupied	Thin-skinned	Cheerful	Moderate	Thoughtful
Defensive	Inconsiderate	Pride	Thoughtless	Concerned	Modest	Tolerant
Denial	Inconsistent	Procrastinator	Tight	Confident	Nice	Trusting
Dependent	Indecisive	Promiscuous	Timid	Considerate	Open	Unassuming
Depression	Indulgent	Prudish	Undependable	Content	Open-minded	Warm
Detached	Inhibited	Quarrelsome	Undisciplined	Controlled	Optimistic	Willing
Discriminatory	Insecure	Rageful	Unemotional	Cooperative	Organized	Witty
Dishonest	Insensitive	Rebellious	Unforgiving	Courageous	Outgoing	
Disorganized	Intolerant	Reckless	Unfriendly	Decisive	Patient	

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