

MY INVENTORY

Date Started _____

Date Completed _____

CelebrateRecovery®

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

<u>THE PERSON</u> <i>Who is the object of my resentment or fear?</i>	<u>THE CAUSE</u> <i>What specific action did that person take that hurt me?</i>	<u>THE EFFECT</u> <i>What effect did that action have on my life?</i>	<u>THE DAMAGE</u> <i>What damage did that action do to my security, my social & my sexual instincts?</i>	<u>MY PART</u> <i>What part of the resentment am I responsible for?</i>

IMPORTANT: TO KEEP IT BALANCED, REMEMBER TO ALSO LIST THE POSITIVE.

"Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth." (2 Timothy 2:15)

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