<u>MY INVENTORY</u>

Date Started _____ CelebrateRecovery®

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

THE PERSON What specific action did that person take that hurt me? THE EFFECT What effect did that action have on my life? THE DAMACE that damage did lata damage did action do to my security.my social & my security.my What apart of the resentment an 1 responsible for? Image: How person take that hurt me? Image: How person take	Date Completed				(Lamentations 3:40)
	Who is the object of my	What specific action did that	What effect did that action	What damage did that action do to my security, my	What part of the resentment

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)

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

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

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