

ADDICTION RECOVERY MINISTRY

INVENTORY WORKSHEET

Make a searching and fearless moral inventory of ourselves...

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

I'm resentful at:

The person I harmed or who harmed me

The Cause:

The specific action I did or was done to me.

The Effect:

The effect that action had on my life.

The Damage:

The effect on me socially, security or sexually.

My Part:

What part of the specific action am I responsible for?