

Celebrate Recovery Inventory Worksheet and Helpful Questions

Step 4: 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 NIV

****A GOOD VIDEO TO WATCH ON INVENTORY ON YOUTUBE: Celebrate Recovery: How to do an Inventory Entry - Bea G.**

1. The Person/Event	2. The Cause	3. The Effect	4. The damage	5. My Part
Who or what is the object of my resentment or fear? Whom have I injured/hurt?	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?