

Celebrate Recovery Inventory

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

The Person	The Cause	The Effect	The Damage	My Part
Who is the object of my resentment or fear?	What specific action did that person take that hurt me?	What effect did that action have on my life?	What damage did that action do to my basic social, security, and/or sexual instincts?	What part of the resentment am I responsible for?