

CELEBRATE RECOVERY
PRINCIPLE 4 INVENTORY WORKSHEET

“Let us examine our ways and test them, and let us return to the LORD.” (Lamentations 3:40)

| 1. The Person | 2. The Cause | 3. The Effect |
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| 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? |

| 4. The Damage | 5. My Part |
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| What damage did that action do to my basic social, security, and/or sexual instincts? | What part of the resentment am I responsible for? |
| | Who are the people I have hurt? |
| | How have I hurt them? |