

# CELEBRATE RECOVERY INVENTORY WORKSHEET

Collumn 1	Collumn 2	Collumn 3	Collumn 4	Collumn 5
I'm resentful at:	The Cause:	The Effect:	The Damaged:	My Part:
(the person I harmed or who harmed me)	(the specific action I did or was done to me)	(the effect that action had on my life)	(to my basic social, security or sexual instincts)	(what part of the specific action am I responsible for? Who have I hurt? How have I hurt them?)