

Name _____

Date _____

CELEBRATE RECOVERY WORKSHEET

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