

Name _____

Date _____

CELEBRATE RECOVERY INVENTORY

WORKSHEET

Column 1	Column 2	Column 3	Column 4	Column 5
I'm resentful at	The Cause	The Effect	The Damage	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?)