## Celebrate Recovery Inventory Worksheets

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