Celebrate Recovery Inventory

"Let us examine our ways and test them, and let's return to the Lord." (Lamentations 3:40)

1. The Person	2. The Cause	3. The Effect	4. The Damage	5. My Part
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?	What damage did that action do to my social, security, and/or sexual interests?	What part of the resentment am I responsible for?

Note: To keep it balanced, use the back to list the "good."