| **Fears Inventory** |  |
| --- | --- |
| Who/What | The Cause | My Response | The Nature of My Response | What I Value (Possible Idol) |  |
| **I am fearful toward:** | **The cause of my fear:** | **How I responded:** | **My response was:** | **My response valued:** |  |
|     |     |      |    |    |  |
| Examples: being alone, failure, rejection, my boss, etc. (be specific). | What happened? Why am I afraid? | Describe actions you took, choices you made in response to the cause, and your feelings at that time (be specific). | Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, angry, etc. | What was your response protecting? Was an expectation not met? What desire, dream, or hope was lost/threatened? | **Notes/comments** |
|  |  |  |  |  |  |

| **Resentments Inventory** |  |
| --- | --- |
| Who/What | The Cause | My Response | The Nature of My Response | What I Value (Possible Idol) |  |
| **I am resentful towards:** | **The cause of my resentment is:** | **How I responded:** | **My response was:** | **My response valued:** |  |
|     |     |      |    |    |  |
| List the person, group, institution, etc. | What happened? Why am I angry or bitter? | Describe actions you took and choices you made in response to the cause (be specific) and your feelings at that time | Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, etc. | What was hurt/threatened? What was your response protecting? (Examples: ego, comfort, security, possessions, respect, a relationship, etc.) | **Notes/comments** |
|  |  |  |  |  |  |

| **Harms To Me Inventory** |  |
| --- | --- |
| Who/What | The Cause | My Response | The Nature of My Response | What I Value (Possible Idol) |  |
| **Who/What hurt me:** | **The cause of my hurt is:** | **How I responded:** | **My response was:** | **My response valued:** |  |
|     |     |      |    |    |  |
| List the person, group, institution, etc. | What happened? Why am I hurt? | Describe actions you took and choices you made in response to the cause (be specific) and your feelings at that time | Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, etc. | What was hurt/threatened? What was your response protecting? What desire, dream or hope was lost/hurt/threatened?  | **Notes/comments** |
|   |  |  |  |  |  |

| **Harms By Me Inventory** |  |
| --- | --- |
| Who/What | The Cause | My Response | The Nature of My Response | What I Value (Possible Idol) |  |
| **Who/What I harmed:** | **I caused harm when:** | **How I responded:** | **My response was:** | **My response valued:** |  |
|     |     |      |    |    |  |
| List the person, group, institution, etc. | List the ways you have caused harm. (be specific) | Describe actions you took and choices you made in response to the cause (be specific) and your feelings at that time. | Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, etc. | What did you hope to gain that caused harm? What was your response protecting? Examples: ego, comfort, security, possessions, respect, relationship, etc. | **Notes/comments** |
|  |  |  |  |  |  |

| **Sexual Inventory** |  |
| --- | --- |
| Who/What | The Cause | My Response | The Nature of My Response | What I Value (Possible Idol) |  |
| **Who/What I experienced:** | **I went outside God’s plan when I:** | **Ways I responded to the experience:** | **My response was:** | **My harmful behavior and response valued:** |  |
|     |     |      |    |    |  |
| List the person, group, institution, etc. | List the event that went beyond God’s boundaries for healthy sex | Describe actions you took and choices you made in response to the sexual encounter (be specific) and your feelings  | Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, etc. | What did you hope to gain that caused harm? What was your response protecting? Examples: ego, comfort, security, possessions, respect, relationship, etc. | **Notes/comments** |
|  |  |  |  |  |  |

| **Recovery Issue Inventory** |  |
| --- | --- |
| Who/What | The Cause | My Response | The Nature of My Response | What I Value (Possible Idol) |  |
| **My issue of \_\_\_\_\_\_\_\_\_\_\_\_ harmed** | **I caused harm when:** | **Ways I responded to the harm I caused :** | **My response was:** | **My harmful behavior and response valued:** |  |
|     |     |      |    |    |  |
| List the recovery issue and who/what was harmed | List the ways you have caused harm. Be specific. | Describe actions you took and choices you made in response to the cause (be specific) and your feelings  | Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, etc. | What did you hope to gain that caused harm? What was your response protecting? Examples: ego, comfort, security, possessions, respect, relationship, etc. | **Notes/comments** |
|  |  |  |  |  |  |