| **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** |
|  |  |  |  |  |  |