

Examples: Resentments Inventory

<u>Who/What</u>	<u>The Cause</u>	<u>My Response</u>	<u>The Nature of My Response</u>	<u>What I Value (Possible Idol)</u>	Notes/comments
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.)	
My boss	My boss confronted me publicly about being late for work. He questioned my commitment and work ethic in front of everyone.	In the moment, I felt embarrassed. I gave an excuse, apologized and promised to do better. I've stayed quiet about my hurt feelings and humiliation. I've never followed-up. I'm often critical of my boss' leadership and decisions. Sometimes I share my criticism and make fun of my boss to others.	Dishonest (I didn't have a good excuse) Fearful Shameful Self-protective Spiteful Critical Prideful Vengeful Divisive	My boss' respect My co-workers' respect My career My income/job My self-esteem/self-worth A peaceful work place My ego My pride Others' opinions of me	
The church I grew up in	legalistic and judgmental without much love	At first, I blindly accepted it. Then I became judgmental. Then I eventually left the church.	Critical of the church. Cynical toward all churches. Later, I blamed the church for problems. "If only they had done better I wouldn't have done what I did."	God's grace. God's standard. A safe place for my family. I should have been safe to work through problems. My pride led to blame.	
My husband	financial mismanagement: he lost all our savings on risky investment	I started working. I created a secret bank account of my own. I regularly check our bank account for any strange balance swings.	Fearful Secretive Distrustful Self-protective	Being provided for. Financial security over oneness. My ability to stay home vs. contribute to family.	

EXAMPLES ONLY. FILL OUT THE INVENTORY WORKSHEETS BELOW WITH YOUR OWN EXPERIENCES

Examples: Fears Inventory

<u>Who/What</u> I am fearful towards:	<u>The Cause</u> The cause of my fear:	<u>My Response</u> How I responded:	<u>The Nature of My Response</u> My response was:	<u>What I Value (Possible Idol)</u> My response valued:	Notes/comments
Examples: being alone, failure, rejection, my boss, etc. (be specific)	What happened? Why am I afraid?	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, angry, etc.	What was your response protecting? Was an expectation not met? What desire, dream or hope was lost/hurt/threatened?	
Public speaking	Once in grade school I had to present a report in class. I froze when it was my turn to speak. I couldn't say a word. I got teased a bit by the kids. I failed the report.	I held my emotions until I got home then went to cry in my room. My other grades were good enough to give me a good overall grade so my parents never knew. For a while I thought everyone saw me as dumb. I decided to avoid public speaking at all costs to school or job.	Fearful Shameful Self-protective Deceptive Insecure Judgmental Controlling Prideful	Being in control. My ego. My success. Others' perception of my intelligence. My comfort. My pride.	
Job failure	I'm afraid I'm unworthy or not skilled enough for my job. I've lost jobs in the past. I often feel incompetent.	I stay silent when uncertain of something. I'm afraid to answer or ask questions for fear of appearing incompetent.	Fearful Prideful Self-protective Selfish Sometimes wise	My reputation with others. Pride. My identity as competent. I want honor through my job more than I want to honor God.	
I won't get married or ever have children	I had a broken engagement. I'm almost 40. "My biological clock is ticking." My abortion may have damaged my body.	My standards for who I date have lowered. I get depressed after I spend time with my nieces, feeling guilt/shame/self-hatred. I do not deserve love or to be a mother.	Fearful Selfish Distrustful Shameful Self-condemning	My dreams for happiness over God's plans for me. Finding my worth in worldly relationships instead of God. My opinion over God's grace.	

EXAMPLES ONLY. FILL OUT THE INVENTORY WORKSHEETS BELOW WITH YOUR OWN EXPERIENCES

Examples: Harms To Me Inventory

<u>Who/What</u> Who/what hurt me:	<u>The Cause</u> The cause of my hurt:	<u>My Response</u> How I responded:	<u>The Nature of My Response</u> My response was:	<u>What I Value (Possible Idol)</u> My response valued:	Notes/comments
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, angry, etc.	What was hurt/threatened? What was your response protecting? (examples: ego, comfort, security, possessions, respect, a relationship, etc.)	
Jim my ex-husband	He committed adultery	I withdrew for months feeling depressed, worthless, rejected and a failure. I vowed to never be hurt like that again. I reminded Jim of his failure often and would use it to justify hurting him. I wouldn't respond Jim's to advances for intimacy. I just couldn't forgive Jim.	Self-protective Shameful Controlling Vengeful Spiteful Fearful Selfish Unforgiving	Jim's opinion of me My emotional security Trust of my spouse Faithfulness of my spouse My control My comfort My pride	
Mark, the dent repair guy	He lied to me, took my money without finishing the job and then won't return my calls or texts. He is willfully deceiving me and now avoiding me.	Eventually I stopped following up. I was afraid that he might do further damage. I have ongoing thoughts of hatred, frustration, resentment. I start to daydream about how I could get revenge.	Vengeful Spiteful Unforgiving Unmerciful Hateful Fearful	Money Justice Trusted lost resources more than what God could provide. Safety over confrontation	
My dad	He was preoccupied with his work, serving at church, and special need sibling. He wasn't present or investing except for birthdays/holiday. No training or nurturing.	I sought attention and affirmation outside the home in harmful ways. Boyfriends, clubs, respected adults. Felt had to figure out life on my own. Continued pattern into adulthood.	Needy Independence Shameful Low self-worth Angry Resentful	My value as a child and woman. A relationship with my dad. Trusting external affirmation over God's opinion of me. Safety. Pride (I can figure it out).	

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Examples: Harms By Me Inventory

<u>Who/What</u> Who/what I harmed:	<u>The Cause</u> I caused harm when:	<u>My Response</u> Ways I responded to the harm I caused:	<u>The Nature of My Response</u> My response was:	<u>What I Value (Possible Idol)</u> My harmful behavior and response valued:	Notes/comments
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, angry, etc.	What did you hope to gain that caused harm? What was your response protecting? Examples: ego, comfort, security, possessions, respect, a relationship, etc.)	
My brother	I took \$10 to buy music without asking him. I intended to repay it but haven't. He hasn't noticed.	I have kept it a secret. "What he doesn't know won't hurt him." I dismiss it as unimportant, tell myself, "I'll get to it someday" and justify my actions because "he owes me anyway."	Selfish Dishonest Fearful Dismissive Judgmental Self-righteous	Music Money Peace My brother's trust/opinion of me	
My employees	I often demand long-hours from employees and sacrifices of family time to be successful. I can be overbearing with timelines and demands. I do not trust that anyone will perform to levels of excellence without being pushed. I am quick to fire underachievers.	I distance myself personally and emotionally from employees so I can easily let them go. I do not trust anyone to get their work done. I punish those who do not or cannot rearrange schedules when needed. I do not like myself. I feel empty. I only feel good when I complete a deal.	Self-serving Prideful Distrustful Judgmental Controlling Inconsiderate Successful Fear of failure	Business success over developing people and relationships. Winning. My career and financial success. My goals over God's plan.	
My wife	My parents offered to take us on a trip. My wife is sensitive to taking big gifts from family. Without discussing it with my wife, I agreed and they purchased tickets. We had discussed a vacation for just us that year, but by the time I told my wife the trip was already booked.	I didn't want to disappoint my parents and selfishly wanted to go on a big vacation with their money. I was afraid of my wife's response, so I kept it a secret for a few days then tried to convince her it was a better option for us. She was hurt that I said yes without her input.	Fearful of saying no to parents and wife Poor leadership Selfish Secretive Dishonest Isolated Discounted wife's opinion/counsel	A big trip Saving money vs. vacation with my wife My parents and wife's approval Peace My desires over my wife's desires	

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Examples: Sexual Inventory

<u>Who/What</u> Who/what I experienced:	<u>The Cause</u> I went outside of God's plan when I:	<u>My Response</u> Ways I responded to the experience:	<u>The Nature of My Response</u> My response was:	<u>What I Value (Possible Idol)</u> My harmful behavior and response valued:	Notes/comments
List the person, group, institution, etc.	Describe 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, angry, etc.	What did you hope to gain that caused harm? What was your response protecting? (Examples: ego, comfort, security, possessions, respect, a relationship, etc.)	
"Jane" a co-worker	I entertain sexual fantasies about "Jane." I mostly view her sexually rather than as a co-worker. I look over her body when she is unaware.	I have kept my thoughts a secret. I haven't told anyone - my wife included. Sometimes I catch myself fantasizing and stop, but other times I just indulge the fantasy. I've tried to catch her eye. I wonder if she thinks of me the same way.	Selfish Fearful Secretive Lustful Demearing Dangerous Inconsiderate to my wife	I get pleasure from the fantasy. Peace: I do not want to hurt my wife's feelings. Opinions of others: I do not want to tell anyone because I do not want them to think I'm perverted. A wish to be desired by a beautiful woman. Jane's beauty over her personality.	
Old girlfriend	We dated for a year. Engaged in pre-marital sex and sexual activity.	At the time I didn't know it was wrong or would cause harm. She was willing. I would manipulate her sometimes for sex. I used sex to feel close when we weren't emotionally close.	Selfish. Ignorant of God's will. Dishonored and hurt intimacy for future spouses. Escape relationship problems. Spiritually harmful.	My pleasure. A desire to be loved and served by a woman. My will over God's will. Pleasure over intimacy. Immediate gratification over giving all of me to my spouse.	
Excessive masturbation	I masturbate regularly - sometimes multiple times a day. I often fantasize about porn or past sexual relationships, but sometimes I just want pleasure or to relax.	I use masturbation for pleasure, comfort, escape from stress and to fall asleep. Sometimes I use it as a substitute when my spouse and I aren't intimate, I'm afraid my sexual advances will be rejected, or I'm too lazy to pursue my spouse.	Selfish. Isolated. Escape from reality. Fearful. Escape relationship issues. Lazy. Harmful to intimacy with spouse. Spiritually harmful.	My pleasure. Provide my own comfort/escape rather God and his provision. Immediate gratification over marital oneness. My body as my own rather than also belonging to God and my spouse.	

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Examples: Recovery Issue Inventory

<u>Who/What</u> My issue of harmed	<u>The Cause</u> I caused harm when:	<u>My Response</u> Ways I responded to the harm I caused:	<u>The Nature of My Response</u> My response was:	<u>What I Value (Possible Idol)</u> My harmful behavior and response valued:	Notes/comments
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, angry, etc.	What did you hope to gain that caused harm? What was your response protecting? (Examples: ego, comfort, security, possessions, respect, a relationship, etc.)	
Drinking: My Mother	I crashed her car while drunk. I used guilt, manipulation and lies to keep her from sending me rehab. I blamed her. I told her I learned to drink from her and drank when I thought about how awful of a mother she was.	I used lies, manipulation and hurt to get out of trouble. I told myself it was no big deal and I could stop any time. I went to my room and drank when I thought about all the ways she hurt me with her own drinking. I considered suicide over rehab.	Dishonest with others. Vengeful. Dishonest with me. Blaming others. Self-pity. An escape from reality. Cowardly. Prideful.	My pleasure: I still love to party. My job: I wanted to keep it. My freedom: I do not want anyone controlling my life. My pride: I didn't want to admit I wasn't in control of my drinking. Others' opinions: I do not want anyone to think I am "an addict."	
Co-dependent: My kids	I accepted too much responsibility for my kids' successes and failures. I rescued them, didn't enforce consequences, did homework for them, and bailed them out of jail.	My worth and identity (how I saw myself) depended upon kids' success. When they failed I would try harder and manipulate others. Allowed kids to manipulate me. I would escape from reality with drinking.	Focused on me more than preparing kids for success and failures in life. Prideful (how kids and others viewed me). Over-protective. Dishonest. Enabling. Unrealistic. Pain avoidance.	I wanted to be worshiped by my kids. Others opinions of our family. My worth/identity found in being the best mom in kids eyes.	
Body Image: My family	Starved body controlling calories/excessive exercise. My eating habits controlled family schedule/meals. Lied often about exercise, eating and clothes sizes. Limited social outings.	Self-worth and value depends on a number on a scale. Weigh several times a day. Emotionally distant or short with others when eating. Fear that I was sick or fat after eating something I thought was unhealthy. Associate weight with success or failure in life.	Dishonest. Controlling. Fearful (of weight gain). Fearful of failure. Misplaced identity.	My self-worth found in being thin. My opinion above anyone else's opinion. Control of my life (I am more reliable than anyone else - even God).	

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