

CELEBRATE RECOVERY INVENTORY WORKSHEET GUIDE & HELPFUL QUESTIONS

“Let us examine our ways and test them and let us return to the Lord.” Lamentations 3:40

THE NEGATIVES

The Person/Object	The Cause/Event	The Effect	The Damage	My Part
Who and/or what is the object of my resentment or fear?	What specific action and or event hurt me?	What effect did that action have on my life?	What actions did the action have on my basic social, security, and/or sexual instincts?	What part of the resentment am I responsible for?
Names, institutions, places, issues.	Events, incidences	Feelings, emotion, shame, belief system, guilt inadequacies.	Losses, broken relationships, financial loss, fear of intimacy, distrust.	Character defects, choices, addictions, behaviors, compulsions, attitudes. How have I hurt this person?

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THE POSITIVES

The Person/Event	The Cause	The Effect	The Benefit	My Part
Who and/or what has brought me joy?	What specific action occurred to encourage me?	What effect did that action have on my life?	What positive effect did that action have on my basic social, security, and/or sexual instincts?	What part of the joy am I responsible for?
Names, institutions, places	Events, incidences	Feelings Emotions Belief System Self-image	Gains, Positive Relationships Financial Security/Intimacy Increased Faith/Trust	Character Traits, Choices, Behaviors, Attitudes. How have I brought them to joy?

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