

Celebrate Recovery
Inventory Worksheet Guide and Helpful questions
"Let us examine our ways and test them, and let us return to the Lord." Lamentations 3:40

THE NEGATIVES

The Person/Event	The Cause	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 damage did that action have on my basic social, security, and/or sexual instincts?	What part of the resentment am I responsible for?
Names	Events	Feelings	Losses	Character Defects
Institutions	Incidences	Emotions	Broken Relationships	Choices
Places		Belief System	Financial	Addictions
Issues		Shame	Fear/Intimacy	Behaviors
		Guilt	Distrust	Compulsions
		Inadequacies		Attitudes
				Who are the people I have hurt?
				How have I hurt them?
				*Childhood abuses: None, Not Guilty!

THE POSITIVES

The Person/Event	The Cause	The Effect	The Result	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	What part of the joy am I responsible for?
Names	Events	Feelings	Gains	Character Traits
Institutions	Incidences	Emotions	Positive Relationships	Choices
Places		Belief System	Financial	Behaviors
		Self-image	Security/Intimacy	Attitudes
			Increased Faith/Trust	Who are the people I have brought joy to?
				How have I brought them joy?

Examples of THE NEGATIVES

The Person/Event	The Cause	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 damage did that action have on my basic social, security, and/or sexual instincts?	What part of the resentment am I responsible for?
Dad	Threatened to kill my mother when he was drunk one time	Scared Threatened	Strained relationship with dad Unhealthy fear of dad	Not guilty
Dad	Unrealistic expectations	Shame Pressured Rejected Perfection equals love	Strained relationship with dad Afraid that failure would lead to abandonment Low self esteem	Not guilty Hurt wife and kids by trying to control their behavior, Put unrealistic expectations on them

Examples of THE POSITIVES

The Person/Event	The Cause	The Effect	The Result	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	What part of the joy am I responsible for?
Step Dad	Taught me to fish	Special Proud Successful	Quality time with my step dad Love for fishing	Continued to fish with my step dad, family, and friends
Donald	Showed me new way to program something on a computer	Inspired Energized Encouraged	Love for computer programming Opened a new world Efficiency in programming	Career path Good paying job Provide for my family Did some tutoringDAd

4th Step Personal Inventory

The Person/Event	The Cause	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 damage did that action have on my basic social, security, and/or sexual	What part of the resentment am I responsible for?
Dad	Degrading comments about women since childhood	Confusion Anger Vulnerable Fear	Isolated, shy, low self-esteem, distance from dad, physical perfection and beauty equals love, sexuality made me uncomfortable; mistrust of men	NOT GUILTY No boundaries, could have asked to stop or not listen, eating disorder: used to control my body image to earn that love, tested husband to see if can be trusted
Ex-Husband	Verbally attacked me until I was hysterical	Anger Shame Panic Vulnerable	Believed my feelings were not important, low-self-esteem, walked in shame and unworthiness, pushed others away, mistrust of men, sexual=none	NOT GUILTY Approached others in anger when I didn't feel valued or listened to, continued to allow him to hurt me by staying in the relationship, disrespected male authority
Traditional Recovery Program	Ex-stepfather, after attending 1 week followed and begged me for forgiveness because step 9 said so, then was back to same person later.	Rage Panic Vulnerable	Isolated more from others, turned me away from 12 step groups, father figure can't be trusted; don't be vulnerable because you'll get hurt, sexual=none	Not understanding how recovery process is supposed to work, blamed recovery program for stepfather's way of working the steps.

Celebrate Recovery Inventory Worksheet - THE NEGATIVES

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

<p align="center">The Person and/or Event</p>	<p>Who and/or what is the object of my resentment or fear?</p>
<p align="center">The Cause</p>	<p>What specific action and/or event hurt me?</p>
<p align="center">The Effect</p>	<p>What effect did that action have on my life?</p>
<p align="center">The Damage</p>	<p>What damage did that action have on my basic social, security, and/or sexual instincts?</p>
<p align="center">My Part</p>	<p>What part of the resentment am I responsible for? What wrong action did I take? Who are the people I have hurt? How have I hurt them?</p>

Celebrate Recovery Inventory Worksheet - THE POSITIVES

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

	Who and/or what has brought me joy?
The Person and/or Event	
	What specific action occurred to encourage me?
The Cause	
	What effect did that action have on my life?
The Effect	
	What positive effect did that action have on my basic social, security, and/or sexual instincts?
The Result	
	What part of the joy am I responsible for? Who are the people I have helped? How have I helped them?
My Part	

List of Feelings to Help Identify: Step 4

Leading a Group Through the 4th Step: CR Summit 2009 Karrie Wood

Able	Empty	Isolated	Restless
Adequate	Energetic	Jealous	Rushed
Agonized	Envious	Joyous	Sad
Alone	Evil	Jumpy	Satisfied
Ambivalent	Exasperated	Kind	Scared
Angry	Excited	Lazy	Screwed up
Annoyed	Exhausted	Left out	Selfish
Anxious	Fascinated	Lonley	Sexy
Ashamed	Fearful	Longing	Shocked
Bad	Flustered	Loving	Silly
Beautiful	Foolish	Low	Skeptical
Betrayed	Frantic	Mad	Sorrowful
Bitter	Frustrated	Mean	Spiteful
Bold	Frightened	Miserable	Startled
Bored	Free	Naughty	Strange
Brave	Full	Neglected	Stunned
Burdened	Furious	Nervous	Sympathetic
Calm	Glad	Nice	Tempted
Capable	Good	Nutty	Tense
Cheated	Greedy	Obnoxious	Terrible
Childish	Grief	Obsessed	Threatened
Competitive	Guilty	Odd	Tired
Condemned	Happy	Opposed	Trapped
Confused	Hateful	Overwhelmed	Troubled
Confident	Helpful	Pained	Ugly
Concerned	Helpless	Panicked	Uneasy
Crushed	High	Peaceful	Used
Deceitful	Homesick	Persecuted	Useful
Defective	Honored	Petrified	Violent
Delighted	Horrible	Pitiful	vulnerable
Depressed	Hostile	Pleasant	Weak
Desirous	Hurt	Pressured	Weepy
Despairing	Hysterical	Pretty	Wicked
Destructive	Ignored	Powerful	Wise
Determined	Imposed on	Proud	Wonderful
Different	Impressed	Quiet	Worried
Discontented	Infatuated	Rage	
Distracted	Infuriated	Rejected	
Distraught	Inspired	Relaxed	
Disturbed	Intimidated	Relieved	
Eager	Indifferent	Remorseful	

Character Defects/Flaws			Character Assets	
Abrasive	Guilty Conscience	Rageful	Accepting	Lawful
Aggressive	Hateful	Rebellious	Adventurous	Loving
Aloof	Head-strong	Reckless	Agreeable	Moderate
Angry	Hostile	Resentful	Analytical	Modest
Anxious	Humorless	Rigid	Approving	Nice
Apathetic	Immature	Rude	Assertive	Open
Argumentative	Impatient	Rueful	Attention-giving	Open-minded
Arrogant	Impulsive	Sarcastic	Attentive	Optimistic
Attention-seeking	In-authentic	Secretive	Bold	Organized
Belligerent	Inconsiderate	Self-centered	Careful	Outgoing
Bigot	Inconsistent	Self-condemning	Cautious	Patient
Bitter	Indecisive	Self-doubting	Cheerful	Peaceful
Bossy	Indulgent	Self-hating	Concerned	Permissive
Braggart	Inhibited	Self-important	Confident	Persistent
Careless	Insecure	Selfish	Considerate	Playful
Closed-minded	Insensitive	Self-justification	Content	Polite
Cold-hearted	Intolerant	Self-pity	Controlled	Punctual
Complaining	Irritable	Self-seeking	Cooperative	Rational
Compulsive	Isolated	Short-tempered	Courageous	Realistic
Controlling	Jealous	Shy	Decisive	Relaxed
Critical	Judgemental	Snob	Dependable	Reliable
Cruel	Lazy	Stingy	Disciplined	Responsible
Deceitful	Lonely	Stubborn	Extroverted	Romantic
Defensive	Lust	Submissive	Faithful	Selfless
Denial	Lying	Superficial	Flexible	Self-liking
Dependent	Manipulative	Thin-skinned	Forgiving	Self-sufficient
Depression	Materialistic	Thoughtless	Free	Sensitive
Detached	Negative Thinking	Tight	Friendly	Serene
Discriminatory	Neglectful	Timid	Generous	Sociable
Dishonest	Obsessed	Undependable	Gentle	Specific
Disorganized	Opinionated	Undisciplined	Giving	Spiritual
Distant	Over-cautious	Unemotional	Good Listener	Steady
Distrustful	Overly-emotional	Unforgiving	Grateful	Straight-forward
Dominating	Passive	Unfriendly	Guilt-free	Thoughtful
Dramatic	Perfectionistic	Unrealistic	Helpful	Tolerant
Egocentric	Perverved	Unromantic	Honest	Trusting
Envious	Pessimistic	Unscrupulous	Humble	Unassuming
Evasive	Possesive	Unstable	Industrious	Warm
Fearful	Prejudiced	Vague	Involved	Willing
Flighty	Preoccupied	Vain	Kind	Witty
Forgetful	Pride	Vindictive		
Gluttonous	Procrastinator	Vulgar		
Gossipy	Promiscuous	White-knuckled		
Grandiose	Prudish	Withdrawn		
Greedy	Quarrelsome	Workaholic		