

Celebrate Recovery Inventory Worksheet

Column 1	Column 2	Column 3	Column 4	Column 5
I'm resentful at:	The Cause:	The Effect:	The Damage:	My Part:
(the person I harmed or who harmed me)	(the specific action I did or was done to me)	(the effect that action had on my life)	(to my basic social, security or sexual instincts)	(What part of the specific action am I responsible for? Who have I hurt? How have I hurt them?)