

## ***Celebrate Recovery Inventory Worksheet***

| <b>Column 1</b>                        | <b>Column 2</b>                               | <b>Column 3</b>                         | <b>Column 4</b>                                    | <b>Column 5</b>                                                                                 |
|----------------------------------------|-----------------------------------------------|-----------------------------------------|----------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <b>I'm resentful at:</b>               | <b>The Cause:</b>                             | <b>The Effect:</b>                      | <b>The Damage:</b>                                 | <b>My Part:</b>                                                                                 |
| (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?) |
|                                        |                                               |                                         |                                                    |                                                                                                 |