

## Celebrate Recovery Inventory Worksheet (Positives)

Column 1	Column 2	Column 3	Column 4	Column 5
Person or event:	Specific actions causing joy:	The Effects on my life:	Life Assets Built:	My Positive Part in the Joy:
Who and/or what has brought me joy in my life?	What specific action occurred to encourage & delight me toward greater maturity, peace, growth & joy?	What (positive) effect did the action have on my feelings & emotional competence? On my behavior development? On my belief system and/or self-image?	In what specific ways did the action help me develop positive relationships? Sustain myself & family securely? Teach me how to give & receive love? Grow my depth of security, intimacy & trust? Nurture my willingness to believe in Jesus?	What part of that joy am I responsible for? How have I shared that joy "forward" with others? What related choices, behaviors, attitudes & traits do I practice to continue & grow that joy in my life?

## Celebrate Recovery Inventory Worksheet (Negatives)

Column 1	Column 2	Column 3	Column 4	Column 5
I resent _____	The Cause:	The Effect:	The Damage	My Part in the damage:
Who/what caused my resentment, fears or triggers? Person(s), places, events, issues that harmed me?	What specific action(s) of the person, incident, institution or event hurt me?	What effects did those hurts have on my feelings & developing emotional competence? On my behavior & belief system? On my denial patterns, shame & guilt levels? Inadequacies?	What damage did those effects cause on my relationships? Caused which of my fears, defenses, mistrusts or other self-destructive behavior patterns? Thwarted what intimacy, maturity & support roles of myself; & in my family?	What part of the damage am I responsible for? Who have I hurt? How have I hurt them? What choices, behaviors, attitudes & traits do I still continue, causing more damage in my life?

