### **Moral Inventory: Resentment and Fear Of People**

The Person	The Cause	The Effect		r	The	Dar	nage			My Part
Who is the object of my resentment or fear? Who has hurt me?	What specific action did that person take that hurt me?	What effect did that action have on my life?	Self Esteem	Pride	onal Security		Ü	Personal Relations	Sex Relations	What part of the resentment am I responsible for?  What wrong action did I take?

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# **Moral Inventory: Abuse**

The Person	The Action	The Effect		-	Γhe	Dan	nage	<b>1</b>		My Part
Who hurt me?	What did they do?	How did this make me feel?  How has this affected my life?	Self Esteem	Pride	Emotional Security			Personal Relations	Sex Relations	What do I need to do?

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## **Moral Inventory: Guilt and Shame**

The Issue	The Effect	Т	he T	ama	age :	to O	the	rs	The	Dar	mag	e to	Me		My Part
What do I feel guilty about?  What causes me to feel shame?	What effect did this have on my life?	Self Esteem	Pride	Emotional Security	Finances		Personal Relations		Pride	onal Security	Finances		Personal Relations	Sex Relations	What part am I responsible for?
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### **Moral Inventory: Sexual Activity**

The Person	The Action		1	[he]	Dan	nage	e		The Motive	My Part
Whom did I hurt?	What did I do?	Self Esteem	Pride	Emotional Security	Finances	Ambitions	Personal Relations	Sex Relations	What was my motive/justification for my actions?	What should I have done instead?

Date
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### **Moral Inventory: Fears**

The Fear	The Cause	The Effect		r	The	Dar	ทลฮส	<u> </u>		My Part
What am I afraid of?	Why am I afraid of this?	How has this affected my life?  How has it hindered my relationship with God?  How has it impacted my relationships with other people?	Self Esteem		onal Security			Personal Relations	Sex Relations	What do I need to do to about this?

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### **Moral Inventory: Deceptive Thinking**

The Lie	The Effect		_	The	Dan	าลฐต	<u>.</u>		The Truth	My Part
What lie have I believed?	What effect did the lie have on my life?	Self Esteem	Pride	Emotional Security			elations	Sex Relations	What is the truth according to God's Word?	What change must I make to apply the truth to my life?

### **Moral Inventory: Positive Relationships**

The Person	The Influence	The Benefit			4		My Part		
Who has had a positive influence in my life?	What did they do that influenced me in a positive way?	Self Esteem	Pride	Emotional Security		elations	Sex Relations	What can I do to pass on this positive influence?	

Date	

#### **Moral Inventory: Positive Actions**

The Action	Benefit to Others
What positive action did I take?	How did this benefit others or myself?

Date	Pg of
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## **Moral Inventory: Character Defects**

The Defect	Stop	Start
What defects of character do I need to deal with?	What do I need to STOP doing?	What do I need to START doing?

Date	Pg of
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#### **Moral Inventory: Amends**

The Person	Contact	The Action	Complete
To whom do I owe an amends?	Is it possible and/or appropriate to contact this person?	What action will I take?	When did I complete the action?

### **Moral Inventory: Forgiveness**

The Person	Contact	The Action	Complete
Who do I need to forgive?	What am I forgiving them for?	Do I need to take some action?	When did I complete the action?

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