

inventory **WORKSHEETS**

Inventory Worksheet Guide				
 "Let us examine our ways and test them, and let us return to the Lord." Lamentations 3:40				
THE NEGATIVES				
Person/ Event	The Cause	Internal Effects	External Effects	My Part
Who or what affected me negatively?	What specific action hurt me?	How did that action affect my internal well-being?	How did that action negatively affect me socially and relationally?	What is my responsibility or role in this?*
Names Institutions Places Issues	Events Incidents	Feelings/ Emotions Belief Systems Self-image Trust Level Unforgiveness	Losses Broken Relationships Unsafe Life Conditions Financial Habits	Character Defects Choices Addictions Behaviors Compulsions Attitudes Whom Have I Hurt? How?

*In instances of childhood abuse and trauma, you hold NO responsibility.

THE POSITIVES				
Person/ Event	The Cause	Internal Effects	External Effects	My Part
Who or what affected me positively?	What specific action helped me?	How did that action affect my internal well-being?	How did that action positively affect me socially and relationally?	What is my responsibility or role in this?
Names Institutions Places Issues	Events Incidents	Feelings/ Emotions Belief Systems Self-image Trust Level	Gains Relationships Formed Secure Life Conditions Financial Habits	Character Traits Choices Behaviors Attitudes Whom Have I Helped? How?

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

 Character Defects						
I Recognize These Traits in My Life						
Abrasive	Compulsive	Flighty	Inhibited	Overly-emotional	Rude	Thoughtless
Aggressive	Controlling	Forgetful	Insecure	Passive	Sarcastic	Timid
Aloof	Critical	Gluttonous	Insensitive	Passive-Aggressive	Secretive	Undependable
Angry	Cruel	Gossipy	Intolerant	Perfectionistic	Self-centered	Undisciplined
Anxious	Deceitful	Grandiose	Irritable	Perverved	Self-condemning	Unemotional
Apathetic	Defensive	Greedy	Isolated	Pessimistic	Self-doubting	Unforgiving
Argumentative	[In] Denial	Fake / False	Jealous	Possessive	Self-hating	Unfriendly
Arrogant	Dependent	Guilty Conscience	Judgmental	Prejudiced	Selfish	Unrealistic
Attention-seeking	Detached	Hateful	Lazy	Preoccupied	Self-justification	Unromantic
Belligerent	Dishonest	Head-strong	Lonely	Prideful	Self-pity	Unscrupulous
Bigot	Disorganized	Hostile	Lustful	Procrastinator	Self-seeking	Unstable
Bitter	Distant	Humorless	Lying	Promiscuous	[Overly] Sensitive	Vague
Bossy	Distrustful	Immature	Manipulative	Prudish	Short-tempered	Vain
Braggart	Domineering	Impatient	Materialistic	Quarrelsome	Shy	Vindictive
Careless	Dramatic	Impulsive	Negative Thinking	Rage	Snob	Vulgar
Closed-minded	Egocentric	Inconsiderate	Neglectful	Rebellious	Stingy	Withdrawn
Codependency	Envious	Inconsistent	Obsessed	Reckless	Stubborn	Workaholic
Cold-hearted	Evasive	Indecisive	Opinionated	Resentful	[Unhealthy] Submission	Other:
Complaining	Fearful	Indulgent	Over-cautious	Rigid	Superficial	



INVENTORY- The Negatives

The Person/ Event	The Cause	The Internal Effects	The External Effects	My Part
Who or what affected me negatively?	What specific action hurt me?	How did that action affect my internal well-being?	How did that action negatively affect me socially and relationally?	What is my responsibility or role in this?*

*In instances of childhood abuse and trauma, you hold NO responsibility.



INVENTORY- The Positives

The Person/ Event	The Cause	The Internal Effects	The External Effects	My Part
Who or what affected me positively?	What specific action helped me?	How did that action affect my internal well-being?	How did that action positively affect me socially and relationally?	What is my responsibility or role in this?



INVENTORY- The Negatives

	Who or what has affected me negatively?
The Person or Event	
	What specific action hurt me?
The Cause	
	How did that action affect me?
The Internal Effects	
	How did that action negatively affect my security, socially and relationally?
The External Damage	
	What is my responsibility or role in this? What wrong action did I take? Who are the people I have hurt? How have I hurt them?*
My Part	

*In instances of childhood abuse and trauma, you hold NO responsibility.



INVENTORY- The Positives

	Who or what has affected me positively?
The Person or Event	
	What specific action helped me?
The Cause	
	How did that action affect me?
The Internal Effects	
	How did that action positively affect my security, socially and relationally?
The External Effects	
	What is my responsibility or role in this?
My Part	