

FEARS INVENTORY PROMPT SHEET

“Fear not, for I am with you. Do not be dismayed. I am your God. I will strengthen you; I will help you; I will uphold you with My victorious right hand.” Isaiah 41:10

Here is a list of fears that may be helpful in this inventory. Feel free to add to this list.

<i>Fear of God</i>	<i>Fear of Drowning</i>
<i>Fear of People</i>	<i>Fear of Relapse</i>
<i>Fear of Crowds</i>	<i>Fear of Insanity</i>
<i>Fear of Men</i>	<i>Fear of Crying</i>
<i>Fear of Women</i>	<i>Fear of Poverty</i>
<i>Fear of Loneliness</i>	<i>Fear of Races</i>
<i>Fear of Rejection</i>	<i>Fear of the Unknown</i>
<i>Fear of Abandonment</i>	<i>Fear of Sex</i>
<i>Fear of Intimacy</i>	<i>Fear of Heights</i>
<i>Fear of Authority</i>	<i>Fear of Confrontation</i>
<i>Fear of Parents</i>	<i>Fear of Sobriety</i>
<i>Fear of Disapproval</i>	<i>Fear of Hospitals</i>
<i>Fear of Self Expression</i>	<i>Fear of Responsibility</i>
<i>Fear of Police</i>	<i>Fear of Getting Old</i>
<i>Fear of Doctors</i>	<i>Fear of Hurting Others</i>
<i>Fear of Physical Pain</i>	<i>Fear of Violence</i>
<i>Fear of Diseases</i>	<i>Fear of Writing Inventory</i>
<i>Fear of Germs</i>	<i>Fear of Being Alive</i>
<i>Fear of Losing a Spouse</i>	<i>Fear of Government</i>
<i>Fear of Losing a Child</i>	<i>Fear of Gossip</i>
<i>Fear of Losing a Parent</i>	<i>Fear of Death</i>
<i>Fear of Animals</i>	<i>Fear of Change</i>
<i>Fear of Insects</i>	<i>Fear of Failure</i>
<i>Fear of Jail</i>	<i>Fear of Insecurity</i>
<i>Fear of Unemployment</i>	<i>Fear of Success</i>
<i>Fear of Creditors</i>	<i>Fear of Leaving Home</i>
<i>Fear of Being Found Out</i>	

DECEPTIVE THINKING INVENTORY PROMPT SHEET

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will.” Romans 12:2

Here are some common lies you may have believed. Use these to help you in your deceptive thinking inventory. Please feel free to add any others you may have.

DECEPTIVE THOUGHTS AND LIES

I am worthless.

I am so bad I cannot be forgiven.

I am unworthy to be loved.

I am hopeless. I cannot change.

Everything in my life is someone else’s fault.

It’s all my fault.

I didn’t deserve to have _____ done to me.

God could not love me. I am too bad.

I must provide everything for myself.

I must protect the people in my life from hurt or pain.

No one really understands the things I have been through.

I can never forgive the person for the wrongs they did to me.

God let me down. He should have protected me from all the bad things in my life.

SEXUAL ACTIVITY INVENTORY PROMPT SHEET

“Haven’t you yet learned that your body is the home of the Holy Spirit God gave you, and that He lives within you? Your own body does not belong to you. For God has bought you with a great price. So use every part of your body to give glory back to God, because He owns it.” 1 Corinthians 6:19-20

Consider the following areas as you complete your sexual activity inventory. Feel free to add any other areas you may have participated in.

How have I misused my sexuality?

- *Abusive acts toward others*
- *Promiscuity*
- *Pre-marital affairs*
- *Extra-marital affairs*
- *Pornography*
- *Self sex*
- *Lust*
- *Phone sex*
- *Cyber sex*
- *Prostitution*
- *Fantasizing*
- *Homosexual relationships*
- *Couple swapping*
- *Satanic Ritual Abuse*

POSITIVE RELATIONSHIPS AND ACTIONS INVENTORY PROMPT SHEET

“So don’t get tired of doing what is good. Don’t get discouraged and give up, for we will reap a harvest of blessing at the appropriate time.” Galatians 6:9

In the process of doing your moral inventory, it is important to keep a good balance between the positive things you have done and the negative things you have done. These sheets are provided for you to use to record the positive relationships you have had in life and the positive actions you have take in life. Don’t let the negative overwhelm you, but keep your inventory balanced! As you work these pages, consider some of the following areas.

RELATIONSHIPS

<i>Mother</i>	<i>Grandparents</i>	<i>Employers</i>
<i>Father</i>	<i>Grandchildren</i>	<i>Employees</i>
<i>Sisters</i>	<i>Extended family</i>	<i>Co-workers</i>
<i>Brothers</i>	<i>School friends</i>	<i>Pastors</i>
<i>Husband</i>	<i>Life long friends</i>	<i>Counselors</i>
<i>Wife</i>		
<i>Children</i>		

ACTIONS

Community service projects
Helping neighbors
Caring for elderly or ill relatives or friends
Showing kindness to others
Expressing compassion for others
Being a faithful employee
Stepping out of your comfort zone to help someone else in need

GUILT AND SHAME INVENTORY PROMPT SHEET

“Point out anything in me that makes You sad, and lead me along the path of everlasting life.” Psalm 139:24

“But if we confess our sins to Him, He is faithful and just to forgive us and to cleanse us from every wrong.” 1 John 1:9

Here are some items to consider as you work the Guilt and Shame Inventory.

GUILT: *Are you carrying guilt in any of the following areas?*

PERSONAL RELATIONSHIPS

Have I engaged in any of these behaviors?

*jealousy
seeking revenge
critical
gossipy
holding a grudge
self pity*

INTEGRITY

Have I been dishonest in my thinking or my actions?

*stolen
lied
exaggerated to look good
false humility
dishonest in dealings
broken promises*

RELATIONSHIP TO GOD

Have I let any of these things interfere with doing God's will?

*ambition
pleasures
job
money
friendships
personal goals*

ATTITUDES

Have I harbored a wrong attitude?

*anger
complaining
ingratitude
sarcasm
pride
fear
anxiety
avoiding responsibility
laziness*

SHAME: *What causes me to feel shame?*

- *Actions I have taken?*
- *Actions others have taken toward me?*
- *Incorrect attitudes or perceptions picked up from someone else?*

Action Section

This section does not need to be completed until you share your moral inventory with your sponsor. However, you may add items to the forms in this section any time you become aware of issues you need to address. The Action section will be completed with the assistance of your sponsor as you work Steps 6 through 9.

CHARACTER DEFECTS INVENTORY PROMPT SHEET

“And I am sure that God who began a good work within you will keep right on helping you grow in His grace until His task within you is finally finished on that day when Jesus Christ returns.” Philippians 1:6

This form will not be used until you reach Principle 5, Steps 6 and 7. This will be after you have completed your moral inventory and shared it with your sponsor. It is included at this point so that you may be able to write down any character defects you are able to identify as you work through the inventory. Don't panic when you see this form. Its purpose will be clear when you get to Book 3. Below is a list of some character defects. Think about these as you complete your inventory sheets.

Character Defect Definition

Anger	strong feeling of displeasure or hostility
Bitterness	deep anger and ill-will
Bigotry	hatred of people who are different from me in a clearly definable way, such as race, gender, or political affiliation
Covetousness	having a desire for another's possessions, power, wealth, or relationships
Criticizing	judging, blaming, finding fault with someone or something

**ABUSE
INVENTORY PROMPT SHEET**

“I will look for those that are lost, I will bring back those that wander off, bandage those that are hurt, and heal those that are sick.” Ezekiel 34:16

Consider the following areas as you inventory any abuse in your life. Remember, if you have been in an abusive relationship, especially as a child, you can find great freedom in this part of your inventory. As you see that you had NO responsibility, NO part in this, you can begin to be free from the misplaced shame and guilt you have carried with you.

Consider the following areas:

- *Active abuse*
Verbal
Physical
Sexual
- *Passive abuse*
Emotional
Abandonment
Neglect
- *Emotional incest*
Child playing a parent/spouse role with an adult
- *Negative messages*
- *Spiritual Abuse*
Controlling behavior
Un-Biblical Teaching
Extra-Biblical Teaching
Shame

Character Defect	Definition
Denial	false system of beliefs that are not based on reality; self-protecting behavior that keeps us from honestly facing the truth
Dishonesty	lying, cheating, or stealing, not upright in my dealings with people
Enviousness	wishing to have something someone else has, disliking someone who has more than I do
False pride	a form of dishonesty; acting, boasting, or pretending to myself and others that I am better than I actually am
Fear	a feeling which makes you turn away or run from something
Gluttony	excess in any area, particularly in eating or drinking; greedy
Gossiping	idle talk, not always true, about other people and their affairs
Greed	wanting more than my fair share
Hate	a feeling of intense anger or bitterness, extreme dislike toward someone; a feeling of intense ill will toward someone
Hoarding	saving money or things in excess; storing up more than could reasonably be used

Character Defect	Definition
Impatience	annoyance because of delay or opposition
Insensitivity	without feelings; not easily affected or influenced by other people's problems
Intolerance	unwillingness to allow others to have opinions or beliefs that are different from mine
Jealousy	dislike or fear of rivals; envy; anxious or suspicious watchfulness
Lack of trust	not being able to trust; not being able to depend on someone or something; doubt; lack of belief in the goodness of
Laziness	dislike of work; unwillingness to work or be active
Legalism	strict adherence to rules of conduct without regard to the principals behind them; dependence on my behavior for my sense of self-worth
Lust	strong desire; unhealthy appetite or desire, especially in the area of sexual indulgences
Lying	not telling the truth, exaggerating, boasting
Meanness	being selfish in small thing, stinginess

RESENTMENT AND FEAR OF PEOPLE INVENTORY PROMPT SHEET

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.” Ephesians 4:31

Here is a list of people, institutions, and principles that may be helpful in your resentment inventory. Feel free to add to this list if you need to. This list is to prompt your thinking in the area of resentment and fear of people.

PEOPLE

<i>Father (Step)</i>	<i>Police</i>	<i>Childhood Friends</i>
<i>Mother (Step)</i>	<i>Lawyers</i>	<i>School Friends</i>
<i>Grandparents (Step)</i>	<i>Judges</i>	<i>Life Long Friends</i>
<i>Sisters (Step)</i>	<i>Probation Officers</i>	<i>Best Friends</i>
<i>Brothers (Step)</i>	<i>Doctors</i>	<i>Acquaintances</i>
<i>Aunts</i>	<i>Employers</i>	<i>Girl Friends</i>
<i>Uncles</i>	<i>Employees</i>	<i>Boy Friends</i>
<i>Cousins</i>	<i>Co-workers</i>	<i>Recovery Friends</i>
<i>In-laws</i>	<i>Teachers</i>	<i>Creditors</i>
<i>Husbands</i>	<i>Clergy</i>	<i>Friends of Others</i>
<i>Wives</i>	<i>School Counselors</i>	<i>God</i>
<i>Birth Family</i>	<i>School Administrators</i>	<i>Jesus Christ</i>
<i>Adoptive Family</i>		<i>Satan</i>
<i>Foster Family</i>		

INSTITUTIONS

<i>Marriage</i>	<i>Law</i>	<i>Education System</i>
<i>Bible</i>	<i>Authority</i>	<i>Correctional System</i>
<i>Church</i>	<i>Government</i>	<i>Mental Health System</i>
<i>Religion</i>	<i>Philosophy</i>	
<i>Races</i>	<i>Nationality</i>	

PRINCIPLES

<i>Ten Commandments</i>	<i>Retribution</i>	<i>Death</i>
<i>Golden Rule</i>	<i>Seven Deadly Sins</i>	<i>Life after Death</i>
<i>Heaven</i>	<i>Hell</i>	<i>Sin</i>
		<i>Original Sin</i>

Character Defect	Definition
Minimizing	making excuses for or making less of my behavior to make myself and others think I am not “that bad”
Negative thinking	always thinking on the bad side of a situation, refusing to see good in anything that happens, not looking at things from God’s point of view
Obsession	overwhelming attention to a particular thought, action or person which you cannot escape
Over scheduling	planning too many activities in my life so that I do not have time to think about my life
Passivity	accepting ideas without giving them any thought; failing to act when action is needed
People pleasing	doing activities based upon the positive reactions of people around me; making myself feel better by getting the approval of someone else
Perfectionism	working to arrange my life so that everything and everyone in it is faultless according to my standards
Pettiness	focusing on the small, meaningless things in life; giving those things more importance than they deserve

Character Defect	Definition
Phoniness	deceiving, being insincere, not being genuine; also includes emotional phoniness
Pride	too high an opinion of myself; high opinion of my own worth or possessions
Procrastination	putting off to some future date something I feel I should have done sooner to avoid unpleasant or undesirable consequences
Quarrelsome	too quick to find fault; fond of fighting and disputing
Resentment	sulking, vindictiveness (getting even), reliving emotional hurts and pain
Sarcasm	a sneering or cutting remark; act of making fun of someone to hurt their feelings; harsh or bitter irony
Self condemnation	to find myself guilty of a crime or wrong; express strong disapproval of myself
Self importance	having or showing too great an opinion of my own importance
Self justification	giving a good reason for my actions; showing my behavior to be just or right; clearing myself from blame for my actions or attitudes

Inventory Section

Each Inventory covers a particular topic or area of your moral inventory. Each Inventory contains a form for you to fill out and a “prompt sheet.” The prompt sheets are not intended to be a complete list of all possibilities, but merely a tool to stimulate your thinking. Make as many copies of the forms as you need. The Inventories may be worked in any order you choose, or you may skip around between them as things come to mind. If you are unsure where to start, start with the first Inventory, ***“Resentments and Fear of People”***.

The following terms are used in the “Damage” portion of each form.

Self esteem	the way I think of myself
Pride	how I think others view me
Emotional security	my general sense of personal well being and safety
Finances	basic desire for money, property, possessions, etc.
Ambitions	my goals, plans, and desires for the future
Personal relations	the relationships between myself and other people in my life
Sex relations	basic drive for sexual intimacy

The Promise: God will be with you as you work on your moral inventory. He will help you face your past and surrender it to Him. He will give you the courage and strength to admit your weaknesses to yourself, to Him and to your sponsor.

“Commit everything you do to the Lord. Trust Him, and He will help you.” Psalm 37:5

*“For God is working in you, giving you the desire to obey Him and the power to do what pleases Him.”
Philippians 2:13*

“And I am sure that God, who began the good work within you, will continue His work until it is finally finished on that day when Christ Jesus comes back again.” Philippians 1:6

“And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them.” Romans 8:28

“But if we confess our sins to Him, He is faithful and just to forgive us and to cleanse us from every wrong.” 1 John 1:9

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect His will really is.” Romans 12:2

“Then we will no longer be like children, forever changing our minds about what we believe because someone has told us something different or because someone has cleverly lied to us and made the lie sound like the truth. Instead, we will hold to the truth in love, becoming more and more in every way like Christ.” Ephesians 4:14-15

Character Defect	Definition
Self pity	to feel sorry for myself, to live in regret of my past actions; continually reviewing my miseries, often blaming others for my troubles
Self-centeredness	being overly concerned with my own welfare or interests, having little or no concerns for others—what I want is the most important thing
Selfishness	caring too much for myself and too little for those around me
Stinginess	mean about spending or giving money, thinking more of material possessions than about people
Undisciplined	untrained; lack of order; lack of self control; disobedient
Vulgar thinking	immoral thinking about things that are unhealthy or immoral; making a practice of dwelling on these thoughts for pleasure or comfort

The Procedure: You will need the following materials:

1. These materials.
2. Several pencils or pens.
3. Your completed Participant's Guide #2.
4. Notebook paper (optional).

Always start with prayer. Recommit your life and will to the care of God. Ask God to bring to mind the things you need to address. Ask God to give you the strength you need to face your past.

For each Inventory, identify the issue or person. Start with your answers in lessons 10 and 11 of Participant's Guide #2. Refer to the prompt sheet of each Inventory as needed. Then work across the form, filling in details about incidents that occurred and the effects on your life. For each person or issue, conclude with what actions you have taken or what attitudes you have developed as a result.

Each form has horizontal lines to assist you in writing. Use as many lines as you need for each person/issue/incident. You can draw a horizontal line between different entries to help distinguish between them. Again, make as many copies of the forms as you need. Add details on notebook paper, if you find that helpful.

Once you have completed your moral inventory, pray through it, confessing each weakness and thanking God for each success. Then contact the person with whom you will share your inventory and set a time to share it with them.

I will share my moral inventory (Step 5) with my sponsor, accountability partner or someone I trust by:

(date)

The Plan: Create a plan for completing your moral inventory. Creating a plan helps you move forward. Your plan includes when and where you will work on your inventory and a target date for sharing it with your sponsor.

I will start my moral inventory by: _____.

I will complete my moral inventory by: _____.
(date)

I will work on my moral inventory:

(place and time)

The Process: These materials are composed of several Inventories, each covering a particular topic or area of your moral inventory. Each Inventory contains a form for you to fill out and a “prompt sheet.” The prompt sheets are not intended to be a complete list of all possibilities, but merely a tool to stimulate your thinking. Make as many copies of the forms as you need. The Inventories may be worked in any order you choose, or you may skip around between them as things come to mind. If you are unsure where to start, start with the first Inventory, “*Resentments and Fear of People*”.

**AMENDS
INVENTORY PROMPT SHEET**

“If it is possible, as far as it depends on you, live at peace with everyone.” Romans 12:18

This sheet will not be fully used until you reach Principle 6 or Step 8. This will be in Book 3. It has been included here so that you can record any amends you become aware of that you need to make as you work through your inventory. At this point, you may only want to write the person’s name in the blank and wait to fill in the rest at a later point. This form will be used in Book 3, page 39, question 2.

AMENDS are given to people in the past or present that you have taken harmful action towards, to people you have hurt.

FORGIVENESS is extended to people who have hurt you in the past or who are currently hurting you.

**Celebrate Recovery
Moral Inventory Helps**

Principle 4: Openly examine and confess my faults to God, to myself and to another person whom I trust.
Happy are the pure in heart. Matthew 5:5

Step 4: We made a searching and fearless moral inventory of ourselves.
Let us examine our ways and test them, and let us return to the Lord. Lamentations 3:40

The Purpose: The purpose of these materials is to assist you in preparing a moral inventory of your life and sharing it with another person. This is only a guide; it is not the only way to prepare a moral inventory. Feel free to use the materials in any way that helps you in creating your moral inventory and sharing it with God and another person.

The Prerequisites: There are several prerequisites to an effective moral inventory. Without these, you will be unable to be honest with yourself, much less with God or with anyone else.

1. You must have completed Principles 1-3; Steps 1-3.
2. You must have a sponsor or strong accountability partner. You will share your moral inventory with your sponsor, accountability partner or someone you trust.

My sponsor/accountability partner is: Name: _____.

Phone #: _____.

This guide was designed and created by Vickie Blanchett and Phil Davidson. Other contributors include Monte Blanchett, Leslie Davidson, Karen Pavlik and Pastor John Pollard.

Celebrate Recovery

Moral Inventory Helps

“But if we confess our sins to Him, He is faithful and just to forgive us and to cleanse us from every wrong.” 1 John 1:9

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