“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.

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

“How 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
Mother Grandparents Employers
Father Grandchildren Employees
Sisters Extended family Co-workers
Brothers School friends Pastors
Husband Life long friends Counselors
Wife
Children

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.

<table>
<thead>
<tr>
<th>Character Defect</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger</td>
<td>strong feeling of displeasure or hostility</td>
</tr>
<tr>
<td>Bitterness</td>
<td>deep anger and ill-will</td>
</tr>
<tr>
<td>Bigotry</td>
<td>hatred of people who are different from me in a clearly definable way, such as race, gender, or political affiliation</td>
</tr>
<tr>
<td>Covetousness</td>
<td>having a desire for another’s possessions, power, wealth, or relationships</td>
</tr>
<tr>
<td>Criticizing</td>
<td>judging, blaming, finding fault with someone or something</td>
</tr>
</tbody>
</table>
“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

<table>
<thead>
<tr>
<th>Character Defect</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Denial</strong></td>
<td>false system of beliefs that are not based on reality; self-protecting behavior that keeps us from honestly facing the truth</td>
</tr>
<tr>
<td><strong>Dishonesty</strong></td>
<td>lying, cheating, or stealing, not upright in my dealings with people</td>
</tr>
<tr>
<td><strong>Enviousness</strong></td>
<td>wishing to have something someone else has, disliking someone who has more than I do</td>
</tr>
<tr>
<td><strong>False pride</strong></td>
<td>a form of dishonesty; acting, boasting, or pretending to myself and others that I am better than I actually am</td>
</tr>
<tr>
<td><strong>Fear</strong></td>
<td>a feeling which makes you turn away or run from something</td>
</tr>
<tr>
<td><strong>Gluttony</strong></td>
<td>excess in any area, particularly in eating or drinking; greedy</td>
</tr>
<tr>
<td><strong>Gossiping</strong></td>
<td>idle talk, not always true, about other people and their affairs</td>
</tr>
<tr>
<td><strong>Greed</strong></td>
<td>wanting more than my fair share</td>
</tr>
<tr>
<td><strong>Hate</strong></td>
<td>a feeling of intense anger or bitterness, extreme dislike toward someone; a feeling of intense ill will toward someone</td>
</tr>
<tr>
<td><strong>Hoard</strong></td>
<td>saving money or things in excess; storing up more than could reasonably be used</td>
</tr>
<tr>
<td>Character Defect</td>
<td>Definition</td>
</tr>
<tr>
<td>------------------</td>
<td>------------</td>
</tr>
<tr>
<td>Impatience</td>
<td>annoyance because of delay or opposition</td>
</tr>
<tr>
<td>Insensitivity</td>
<td>without feelings; not easily affected or influenced by other people’s problems</td>
</tr>
<tr>
<td>Intolerance</td>
<td>unwillingness to allow others to have opinions or beliefs that are different from mine</td>
</tr>
<tr>
<td>Jealousy</td>
<td>dislike or fear of rivals; envy; anxious or suspicious watchfulness</td>
</tr>
<tr>
<td>Lack of trust</td>
<td>not being able to trust; not being able to depend on someone or something; doubt; lack of belief in the goodness of</td>
</tr>
<tr>
<td>Laziness</td>
<td>dislike of work; unwillingness to work or be active</td>
</tr>
<tr>
<td>Legalism</td>
<td>strict adherence to rules of conduct without regard to the principals behind them; dependence on my behavior for my sense of self-worth</td>
</tr>
<tr>
<td>Lust</td>
<td>strong desire; unhealthy appetite or desire, especially in the area of sexual indulgences</td>
</tr>
<tr>
<td>Lying</td>
<td>not telling the truth, exaggerating, boasting</td>
</tr>
<tr>
<td>Meanness</td>
<td>being selfish in small thing, stinginess</td>
</tr>
</tbody>
</table>
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
Father (Step) Police Childhood Friends
Mother (Step) Lawyers School Friends
Grandparents (Step) Judges Life Long Friends
Sisters (Step) Probation Officers Best Friends
Brothers (Step) Doctors Acquaintances
Aunts Employers Girl Friends
Uncles Employees Boy Friends
Cousins Co-workers Recovery Friends
In-laws Clergy Friends of Others
Husbands School Counselors Jesus Christ
Wives School Administrators Satan
Birth Family Adoptive Family
Adoptive Family Foster Family

INSTITUTIONS
Marriage Law Education System
Bible Authority Correctional System
Church Government Mental Health System
Religion Philosophy
Races Nationality

PRINCIPLES
Ten Commandments Retribution Death
Golden Rule Seven Deadly Sins Life after Death
Heaven Hell Sin

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 thing 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

<table>
<thead>
<tr>
<th>Character Defect</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self pity</td>
<td>to feel sorry for myself, to live in regret of my past actions; continually reviewing my miseries, often blaming others for my troubles</td>
</tr>
<tr>
<td>Self-centeredness</td>
<td>being overly concerned with my own welfare or interests, having little or no concerns for others—what I want is the most important thing</td>
</tr>
<tr>
<td>Selfishness</td>
<td>caring too much for myself and too little for those around me</td>
</tr>
<tr>
<td>Stinginess</td>
<td>mean about spending or giving money, thinking more of material possessions than about people</td>
</tr>
<tr>
<td>Undisciplined</td>
<td>untrained; lack of order; lack of self control; disobedient</td>
</tr>
<tr>
<td>Vulgar</td>
<td>immoral thinking about things that are unhealthy or immoral; making a practice of dwelling on these thoughts for pleasure or comfort</td>
</tr>
</tbody>
</table>
The Procedure: You will need the following materials:
1. These materials.
2. Several pencils or pens.

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:  

I will work on my moral inventory:

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