

Date:

<b><u>THE PERSON</u></b>	<b><u>WHAT HAPPENED</u></b>	<b><u>THE EFFECT</u></b> What effect did that event have on your feelings, thoughts or beliefs? <b>(see feelings &amp; fear sheet in handout)</b>	<b><u>THE DAMAGE</u></b> How did you behave, react or cope within this situation? <b>(see character defects in handout)</b>	<b><u>MY PART:</u></b> <b>1) What part am I responsible for? 2) Is there anyone I need to forgive or make amends with? 3) Are there any lies that I need to replace with truth (see the beliefs in column 3 you wrote down).</b> <b><u>ACTION PLAN</u></b> -How should I do differently next time?

**\*Additional Reminders:**

- 1) Record positive things about yourself and the other person on the back of the sheet to help keep your Inventory balanced.
- 2) If you have been in an abusive relationship or abused as a child, you can find freedom in writing in Column 5 **“MY PART” NOT RESPONSIBLE, or NOT GUILTY** for question #1. This will free you from misplace guilt or shame you may be carrying around.
- 3) You can label each sheet at the top with the topic or issue of what you worked on to help you find it easier when you are triggered with the same pain. Reviewing our action plan for a specific trigger will help us keep our recoveries from getting stuck and moving forward.
- 4) Reach out to sponsor if you are struggling to complete a column, or leave blank until you meet with them so they can help you.