

Date:

| <u>THE PERSON</u> | <u>WHAT HAPPENED</u> | <u>THE EFFECT</u> What effect did that even have on you? Feelings, Thoughts, Beliefs | <u>THE DAMAGE- IDENTIFY-</u> Lies/False Beliefs <i>and/or</i> Coping Mechanisms OR Dysfunctional Behaviors (how did you act out as a result of how you felt in column 3) | <u>MY PART:</u> 1) What part am I responsible for AND 2) Are there any lies that I need to replace with truth? 3) Is there anyone I owe forgiveness or Amends to? <u>ACTION PLAN</u> -4) What should I do different next time. Do I need to replace any lies and with what? |
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***Additional Notes:**

- 1) Record positive things about yourself and the other person on the back of the sheet to keep your Inventory balanced.
- 2) If this is a sheet about harm you've done to another, you may either (a) record the name the harm done and your Amends Action Plan all in Column 5 or (b) put the name in column 1, the harm done in Column 2, struggles you're having (if any) about the incident in columns 3 and 4 and your Amends Action Plan in Column 5.
- 3) **If you have been in an abusive relationship you can find freedom in writing in Column 5 "MY PART" You can write NOT RESPONSIBLE, or NOT GUILTY in column 5. This way you can be free from misplace guilt or shame you may have carried with you then complete action plan.**
- 4) **Be sure to follow up on column 5 after you complete your inventory. Did you apply the action plan in your life? Have you started replacing truths for the lies? Without application you will not be able to write a complete testimony. Ask your sponsor or AP for accountability on it if you are struggling.**

