

# Personal Inventory (Negatives)

NAME \_\_\_\_\_

The Person	The Cause	The Effect	The Damage	My Part
<i>Who/what is the object of my resentment or fear?</i>	<i>What specific action did that person/situation take that hurt me?</i>	<i>What effect did that action have on my life?</i>	<i>What damage did that action do to my basic social, security, and/or sexual instincts?</i>	<i>What part of the resentment am I responsible for? Who did I hurt?</i>

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