

Personal Inventory (Positives)

NAME _____

The Person and/or Event <i>Who and/or what has brought me joy?</i>	The Cause <i>What specific occurred to encourage me?</i>	The Effect <i>What effect did that action have on my life?</i>	The Positive Effect <i>What positive effect did that action have on my basic social, security, and/or sexual instincts?</i>	My Part <i>What part of the joy am I responsible for?</i>

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