Inventory Worksheet Guide
(Lesson 9)

I. The first column - “The Person and the Circumstance”.

A. Identify the people and circumstances that have impacted you in the past.

   a. Pick the first issue you recorded on the back of the cover sheet and begin examining your past.

   b. Break your past down into short time periods.

      • For example a 1 year block of time.
      • Or maybe five years.
      • Or whatever seems comfortable to you.
      • Start with the most recent time block first and just focus on your first issue.
      • Don’t try to review your whole life at one time.
      • That’s the key.
      • When people try to do too much, they get overwhelmed.

   c. In this time period look for PEOPLE:

      • Who have hurt you
      • Who were indifferent to you
      • Who tried to minimize you
      • Who scared or intimidated you
      • Who manipulated you
      • Who disappointed you

   d. At the same time identify past CIRCUMSTANCES that may have also impacted you in a significant way. For example:

      • Maybe you failed at something.
      • Maybe you didn’t meet expectations – someone else’s or your own.
      • Maybe you were involved in an embarrassing situation.
• Maybe there was a crisis of some kind.
• Maybe you were dealing with unfair people.
• Maybe you had abusive parents.
• Maybe you had a poor teacher.
• Maybe you were unfairly treated.
• Etc.

e. As you collect this information record it in column one.

f. After you have completed your analysis for the FIRST time period look at the NEXT time period.

g. Repeat the process until you have looked at all past time periods FOR THAT ISSUE.

h. And as you do this pray through Psalm 139:23-24.

“Search me, O God, and know my heart: test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.” Psalm 139:23-24

i. Once you have finished your first issue go on to the next issue and start the process over again.

B. You might think this is a lot of work.

a. It is.

b. However, this approach is systematic and that makes it easy to do.

c. It's not complicated, but it does take time.

d. Don't be in a hurry.

e. Remember to do it with your sponsors.

f. And remember the Holy Spirit is directing you.
III. The second column is entitled, “The Cause”.

A. In this column record how the person or circumstance identified in Column 1 impacted you.

   a. In other words what they or it did to you.

   b. Here you are looking for situations where you were:

      • Abused – physically, emotionally or psychologically.
      • Controlled or dominated.
      • Humiliated by a teacher, a boss or a friend.
      • Lied about.
      • Lied to.
      • Treated unfairly.
      • Rejected.
      • Etc.

   c. Try to remember exactly what happened.


   “Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.” Psalms 139:23-24

B. At this point review what you found with your sponsor.

   a. Do this progressively as you collect information.

   b. Don’t let it pile up.

   c. God uses sponsors to perform key roles in this process.

      • They pray for us
      • They encourage us
      • They give us insight
      • They give us clarity
IV. The third column in our inventory form is called “The Effect”.

A. Here you record how the events in the first two columns affected you AT THE TIME they happened.

   a. This is HISTORICAL information. For example:

   • Did you feel shame?
   • Did you feel rejected?
   • Did you feel stupid?
   • Did you feel weak and powerless?
   • Did you feel overwhelmed?
   • Did you get depressed?
   • Did you feel worthless?
   • Did you feel hopeless?
   • Did you feel angry?

   b. Here are some other things to consider:

   • Did you think there was something wrong with you?
   • Did you avoid certain people?
   • Did you become fearful?
   • Did you become tentative about life?
   • Did you develop phobias?
   • Did you develop a neurosis or psychosis or some other kind of disorder?
   • Did you employ unhealthy coping mechanisms such as food, sex, drugs or alcohol?

B. Review what you discover with your sponsor.

   a. Do it progressively.

   b. Once again don’t let it pile up.

   c. Listen to what your sponsor says.
V. The fourth column in the inventory form is “The Damage” column.

A. In this column you will record how the past event (identified in the first three columns) is AFFECTING YOU TODAY.

a. For example:

- When I think of the past event, do I feel pain TODAY?
- Do I have any bad habits TODAY that can be traced to that event?
- Examples are swearing, laziness, lack of direction, anger, over eating, giving up easily, sexual promiscuity, low self esteem, co dependency, inability to set and enforce boundaries, and on and on.
- Do I have any hang ups TODAY that can be traced to the event?
- Do I have fears TODAY as a result of the event?
- Do I avoid certain kinds of people TODAY?
- Am I afraid to take on certain kinds of tasks TODAY?
- Do I avoid certain kinds of circumstances TODAY?
- Etc.

b. More:

- Am I preoccupied with adversity and impending disaster TODAY?
- Am I concerned that I will not be able to meet life’s challenges TODAY?
- Am I worried about rejection - humiliation - failure TODAY?
- Do these concerns impact my ability to be intimate TODAY?
- Do they impact how I feel about myself - my self-worth TODAY?
- Do I believe that I’m no good TODAY?
- Do I think people don’t like me TODAY?
- And so on.

B. Discuss what you discover with your sponsor.
VI. The final column is the “My Part” column.

A. Here we identify how we MAY have contributed to our problems.
   a. Honesty is essential.
   b. We have to resist our natural tendency to blame others or minimize what happened.
   c. We are looking for anything we may have done to contribute to our problems.

B. We record what we discover in column 5.
   a. There will be times when will be blameless.
   b. In that case we write, “No Part” in column 5.

VII. As we progress through our inventory it’s important to identify positive events as well as negative events.

A. We don’t have to add another column to our form to do this.
   a. Start your inventory by identifying your first negative issue.
   b. Fill in the appropriate information in the 5 columns in the dark spaces.
   c. Once you have done that start over and identify a positive event and fill out all the columns in the white spaces.
   d. Repeat the process - alternating positive and negative events until you are finished with your inventory.

B. If you can’t come up with enough positive events, then use what the Bible says about your value.
   a. For example Ephesians 1:3-14 describes how valuable we are to
God.

b. We can use this information in our inventory forms.

c. There are many other passages in the Scriptures that also provide the same kind of information.

Spiritual Inventory, Part 1
(Lesson 10)

I. "Relationship with OTHERS".

A. Identify the people and circumstances that have impacted you in the past.
a. Identify people.

- Who have hurt you
- Who were indifferent to you
- Who tried to minimize you
- Who scared or intimidated you
- Who manipulated you
- Who disappointed you
- And so on

b. Identify past circumstances.

- Maybe you failed at something
- Maybe you didn’t meet expectations - someone else’s or your own.
- Maybe you were involved in an embarrassing situation.
- Maybe there was a crisis of some kind.
- Maybe you were working for an unfair boss.
- Maybe you had abusive parents.
- Maybe you had a poor teacher.
- Maybe you were unjustly accused of something.
- Etc.

c. Here are some more questions to consider.

- Are you holding grudges? Against whom?
- Are you seeking revenge?
- Are you jealous of someone?
- Have you hurt someone?
- Who have you been critical of or gossiped about?
- Do you rationalize your behavior?

d. Record this information in column one.

e. Focus on one event at time.

f. Finish that event and then move on to the next event.
g. And as you do this pray through Psalm 139:23-24.

“Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.” Psalm 139:23-24

B. In the second column of your worksheet describe what happened to you.

a. Look for people and circumstances where you were:
   - Abused – physically, emotionally or psychologically.
   - Controlled or dominated.
   - Humiliated – a teacher, a boss or a friend.
   - Lied about.
   - Lied to.
   - Treated insensitively.
   - Rejected.
   - Etc.

b. Try to remember exactly what happened to you.


“Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.” Psalms 139:23-24

d. Go into as much detail as you can.
   - Be objective.
   - What did they do?
   - What did we do?
   - Were others involved?
   - What were the circumstances?

e. This will take time to do.

f. You may have to review the same event several times.
g. God will give you only what you can handle.

h. Regularly discuss what you discover with your Sponsor.

C. In the third column record the impact that the events in the preceding 2 columns had on you AT THE TIME THEY OCCURRED.

a. For example:

• Did you feel shame?
• Did you feel rejected?
• Did you feel stupid?
• Did you feel weak and powerless?
• Did you feel overwhelmed?

d. Here are some other things to consider:

• Did you think there was something wrong with you?
• Did you avoid certain people?
• Did you become fearful?
• Did you become tentative about life?
• Did you develop phobias?
• Did you develop a critical spirit?

e. Review what you discover with your sponsor.

• Do it progressively.
• Once again don’t let it pile up.
• Listen to what your sponsor says.

D. The fourth column provides for damage to be recorded.

a. Here we record the impact that these past events have on us TODAY.

c. For example:
• When I think of the past event, do I feel pain today?
• Do I have any bad habits that can be traced to that event?
• Examples are swearing, laziness, lack of direction, anger, over eating, giving up easily and on and on.
• Do I have any hang ups that can be traced to the event?
• Am I afraid of life as a result of the event?
• Do I have fears as a result of the event?
• Do I avoid certain kinds of people?
• Am I afraid to take on certain kinds of tasks?
• Do I avoid certain kinds of circumstances?
• Etc.

d. More:

• Am I preoccupied with adversity and impending disaster?
• Am I concerned that I will not be able to meet life's challenges?
• Am I worried about rejection - humiliation - failure?
• Do these concerns impact my ability to be intimate?
• Do they impact how I feel about myself - my self-worth?
• Am I stuck with the idea that I'm no good?
• Do I think people don't like me?
• Do I use unhealthy ways of dealing with my pain?

e. Discuss what you discover with your sponsor.

E. The final column is the "My Part" column.

a. Here we identify how we MAY have contributed to our problems.

b. Honesty is essential.

c. We have to resist our natural tendency to blame others or minimize what happened.

d. We focus only on ourselves.

e. We want to know what we may have done to contribute to our
problems.

f. We record what we discover in column 5.

g. There will be times when will be blameless.

h. In that case we write, “No Part” in column 5.

II. “Priorities in YOUR LIFE”.

A. What are priorities?

a. They provide guidelines for living and they establish levels of importance in our lives.

b. If our priorities are right we will generally live happy and productive lives.

c. However, if they are not, we will often have difficulty.

B. What are the priorities of your life?

a. Is the Lord, in control of your life?

- Are there any areas you holding back?
- When you sin, do you promptly confess it?
- Do you regularly consult the Lord? About everything?
- Do you normally try to solve your problems yourself?
- Do you spend regular time with God?
- Do you spend time in prayer?
- Do you have a problem believing God is real or that He cares about you?
- Do you do regular self examination?
- Do you ignore the Bible?

b. Does your past control your life?

- Your ambitions, hopes and dreams.
• Your lifestyle.
• Your attitude about yourself.
• Your ability to relate to others.
• Your ability to make good choices.

c. Where does family fit in to your life?

• Do I love and respect my spouse?
• Do I respect my spouse?
• Am I kind and patient?
• Do I only want the best for my spouse?
• Do I forgive easily?
• Do I frustrate my children?
• Do I frustrate other members of the family?
• Am I loving, patient, kind?
• Do I buildup my family?
• Do I spend time with them?

d. Where do friends fit in to your life?

• Do I love my enemies?
• Do I love others as Christ loves me?
• Do I help others who need help?
• Am I generous with my time - my money?
• Am I friendly?
• Do I put others down?
• Am I a gossip?

e. How does work fit in to your life?

• Am I honest?
• Do I put in a full days' work?
• Do I work to the glory of God?
• In other words, is God my boss?

f. Discuss what you discover with your Sponsor.

III. "Your ATTITUDES".
A. This is a Column 4 category.
   a. Column 4 is the damage column in your inventory form.
   b. Our attitudes are very often shaped by past events – both good and bad.

B. When you work on this category look at what you have recorded in columns 1-3.
   a. Do it one event at a time.
   b. Determine how each event might have influenced your attitudes today.

C. Here are some areas to consider: Are you:
   a. Angry?
   b. Bitter?
   c. Hateful?
   d. Anxious?
   e. Dissatisfied?
   f. Unhappy?
   g. Depressed?
   h. Overwhelmed?
   i. Ungrateful?
   j. Sarcastic?
   k. Divisive?
   l. Remote?
   m. Judgmental?
   n. Crude?
   o. P prideful?
   p. Superior?
   q. Hypocritical?
   r. Etc.

D. On the other hand are you:
a. Grateful?
b. Kind?
c. Loving?
d. Affirming?
e. Encouraging?
f. Supportive?
g. Helpful?
h. Forgiving?
i. Etc.

E. Are these attitudes a key part of your lifestyle today?

a. If you are not sure ask people who know you and love you.

b. Discuss what you discover with your sponsor.

IV. “Your INTEGRITIES”.

A. This is another column 4 category.

a. Review what you have recorded in columns 1-3 and evaluate its impact on your integrity.

b. Are you:

• Dishonest?
• A thief?
• Are you a liar?
• Are you a manipulator?
• An exaggerator?
• Unfair?
• Etc.

c. On the other hand are you:

• Honest?
• A person who does what they say they will do?
• A person who follows through?
B. Are these lifestyle habits?

C. Discuss what you discover with your sponsor.

Spiritual Inventory, Part 2

I. Your MIND.

A. Do I “guard my mind”?

   a. The term, “guard my mind”, refers to controlling what comes into our minds.

   b. What comes in can be good or bad, so we need to distinguish the difference. For example:

      • We can get good advice from godly people.
      • We can get truth from the Scriptures.
      • We can also get “stuff” from other sources - like the latest philosophy or the latest guru or the latest new age book or whatever.
      • We have to be proactive about what we let into our minds.
      • In other words we have to “guard our minds”.
B. Am I in denial?
   a. Do I refuse to acknowledge my problems?
   b. Do I avoid reality?
   c. Do I rationalize my behavior?
   d. Do I make excuses?
   e. Do I cover up?

C. Do I fill my mind with garbage?
   a. Am I preoccupied with unhealthy “stuff”?
      • Movies and TV programs.
      • Magazines.
      • Books.
      • Music, etc.
   b. Unhealthy “stuff” causes unhealthy thinking.
   c. Unhealthy thinking causes unhealthy behavior.
   d. We CAN CONTROL what we think.
      • Psychologists tell us that two thoughts cannot occupy our mind at the same time.
      • A good thought and a bad thought cannot be there simultaneously.
      • We need to be aware of our thinking.
      • When we discover bad thoughts, we must replace them with good thoughts.

"A wise person is hungry for truth, while the fool feeds on trash." Proverbs 15:14.
“And now, dear brothers, let me say one more thing as I close this letter. Fix your thoughts on what is true and honorable and right. **Think about things** that are pure and lovely and admirable. **Think about things** that are excellent and worthy of praise.” Philippians 4:8

D. Do I spend regular time in the Scriptures?

a. Do I read the Bible and implement what it says?

b. Do I have daily quiet times?

c. What is a daily quiet time?

- It’s spending time alone with God each day - at a specific time and place.
- It’s putting God’s Word into our minds through Bible study.
- It’s also spending time in prayer and self examination.
- It’s recording the results of these activities in our journals.

“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

d. The Bible contains God’s thoughts.

e. As we put God’s thoughts into our minds, God changes the way we think.

f. This has the positive effect of changing our behavior.

E. The information we collect from these questions goes into our inventory forms.

a. This information helps identify what was in our minds at the time
the event we are working on occurred.

b. It also helps identify what is in our minds today as we recall that event.

c. Mindset is extremely important.

II. Your BODY.

A. Have I mistreated my body?

“Or don’t you know that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.” 1 Corinthians 6:19-20

a. The Holy Spirit lives in our bodies.

• Our bodies are His home.
• In other words they are His temple.

b. What is the condition of your temple?

B. Here are some things to look at:

a. Do I abuse alcohol, tobacco, drugs, food, sex, etc.?

b. Do I get enough sleep?

• Studies have shown that we are a nation of under-slept people.
• These studies say that the average person needs between 7 and 8 hours of good, uninterrupted sleep each day.
• Americans get on the average about 6 ½ hours.
• This shortened sleep period affects the body’s ability to replenish key chemicals that are needed for daily life.
• This can cause organ breakdown and disease.
c. How do I handle stress?

- Stress produces adrenalin.
- Adrenalin is only designed to handle emergencies.
- It peaks at the moment of crisis, but it has to be allowed to abate.
- Often our life styles are in continual crisis.
- As a result many of us maintain high levels of adrenalin.
- This can cause serious damage to organs such as the heart and liver.

d. Do I worry excessively?

e. Do I exercise regularly?

f. Do I eat nutritionally?

g. Do I take regular vacations?

C. The information we collect from all these questions goes into our inventory forms.

a. This information helps identify the state of our bodies at the time the event we are working on occurred.

b. It also helps identify our physical state today as we think about that event.

c. Physical well being is also very important.

III. Your FAMILY.

A. Have I mistreated members of my family?

a. Have I been physically abusive?

b. Have I been emotionally abusive?
c. Have I engaged in excessive yelling?

d. Have I put family members down?

e. Have I distanced myself, i.e. have I been remote?

f. Have I manipulated anyone – used unhealthy methods to get what I want?

g. Have I been apathetic, exhibiting an, “I don’t care attitude“?

B. As leaders of our families we are responsible to provide proper emotional and physical environments.

   a. Does my family feel safe at home?
      - Are they accepted?
      - Are they affirmed and protected and valued?

   b. Do I have resentment toward family members?

C. This is a general category that applies to all the columns in our inventory form.

   a. Here we identify events and circumstances that pertain to our families.

   b. Very often we are the major cause of problems that have occurred in our families, which we record in column 5.

IV. Your CHURCH.

   A. The Bible teaches that we need to meet together regularly.

   “And let us not neglect our meeting together, as some people do, but encourage and warn each other, especially now that the day of his coming back again is drawing near.” Hebrews 10: 25
a. Do you regularly attend church?

b. Do you help out - do you pitch in?

c. Are you indifferent?

d. Many Christians just sit on the sidelines and go to church on Sunday and do nothing else.

e. Getting involved is edifying (therapeutic).

B. Do you use your spiritual gifts?

a. God has given each of us at least one spiritual gift, and He wants us to use them in the context of the church.

"We are all parts if his one body and each of us have different work to do. And since we are all one body in Christ, we belong to each other, and each of us needs all the others. God has given each of us the ability to do certain things well.

So, if God has given you the ability to prophesy, speak out when you have faith that God is speaking through you. If your gift is that of serving others, serve them well. If you are a teacher, do a good job of teaching. If your gift is to encourage others, do it! If you have money, share it generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.

Don't just pretend that you love others. Really love them. Hate what is wrong. Stand on the side of good. Love each other with genuine affection and take delight in honoring each other. Never be lazy in your work, but serve the Lord enthusiastically." Romans 12:5-11

b. You can't use your gifts unless you are involved with the body.

C. This is another general category involving all the columns of our inventory form.
V. Conclusion.

A. Here are some points to remember:

   a. Perform your inventory carefully and honestly.

   b. Talk to God continually.

   c. Meet regularly with your Sponsor.

   d. Record what you discover in your forms.

B. Do this one event at a time.

   a. Look at small time periods.

   b. Start today and work back.

   c. Alternate positive and negative events.

   d. Use the 8 categories of self examination.

   • Relationships
   • Priorities
   • Attitudes
   • Integrities
   • Our minds
   • Our bodies
   • Our families
   • Our church