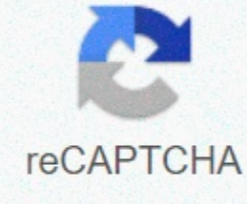




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## Handouts for cr principle 4 inventory

By: Jamie The process of completing our inventory comes as we reach the Principle of Recovery Celebration 4. Principle 4 states, Openly examine and acknowledge my faults to yourself, to God, and to someone I trust. (Happy are pure in heart. —Matthew 5:8) What I like about principle 4 is that it is a working principle; it directs us towards the things we need and guides us through the things that we have to accomplish -- and that thing that we do, that what we do is happening. . . . Inventory!!! A few inventory completion notes: Get ready to write first!!! Your inventory must be on paper. Writing or typing will help you organize your thoughts and focus on remembering events you may have suppressed. Second, remember not to go through this alone. You are developing your support team to guide you; but more importantly, you grow in your relationship with Jesus Christ! Ephesians 4:31 tells us: Get rid of all bitterness, anger and anger, fighting and slander, along with every form of malice. - and that's exactly what inventory helps us with! Celebrate Recovery gave us an inventory worksheet that refers to 5 areas to work with as an inventory completion. As you prepare to begin the inventory, it is important to note that area 5 is related to each other; they are interconnected, they build on each other. All areas have a purpose and value for our recovery. So, what are the 5 areas, you ask? Well - here they are: person, cause, effect, damage and my part. Person - Here you specify the person/persons you resent or fear. Come back as much as you can. Look into your heart, mind, and soul—and unleash it all!!! Don't hold anything back! As I finished my own inventory, I realized that as difficult as it was to write down names and face all the anger that had buried itself in my heart, it was also where I encountered the goodness of Jesus Christ. Through my inventory, my resentments faded as the light of my faith in Jesus was allowed to shine. The cause — Let me just instruct you - this one is not easy at all. This is part of the inventory where you write down what those people you wrote about did. It is during this part of the inventory that you can relive the painful moments, situations and experiences of your past. That's why having a support team (accountability partners and sponsor) is so important; but although there may be painful memories and feelings - in the end, it is this process of assembly and release that allows you to be free. I... God has given us a promise that will help us overcome it—Fear not, for I am with you. Don't be amazed. I'm your God. I will strengthen you; I will help you; I'll support you with my right hand (Isaiah 41:10). Effect - The effect is defined as a change that is the result or consequence of an action or other cause. It is at this very moment that we begin to comfort the consequences and consequences that have resulted from humans and the causes identified earlier in our inventory. For me, as I completed this part of my inventory, I came to see that the effect was not just external - as in how I choose to isolate myself from others around me or how I behaved; but there was inner—my thoughts and feelings; as I looked at myself, God, and others, everything changed as a result of resentment against others, as a result of situations in my life. It was an inventory process to see this; to see that the mindset I had, the beliefs I had about myself and others was faulty, and in Christ I found the strength to move beyond it. Too bad - It is closely related to the effect. What are the results of the injured? What results have you lived with your whole life? Here you begin to identify or work through things like - lack of trust, isolation, not allowing people to close, intimacy problems, fear and feeling like there is no hope for the future (just to name a few). It's amazing to see how you can draw the line directly from unhealthy things in your life to the resulting damage. When I finished my own inventory, I became excited when I began to understand the connection and was able to publish it; Because when I could free him, I could live in a healthy way. My part - Are you ready for this? Here you ask God to show you your role; to show you which part of your resentment you are responsible for. As much as we didn't want to admit that we had any role in what led us to the place of need to recover, sometimes we had a role to play in it. It is at this stage of our inventory when our prayer should be that of the Psalmist: Examine me, O God, and know my mind; test me and discover if there is evil in me and guide me in an eternal way (Psalm 139:23-24). \*\*NOTE\*\* If you have been in an abusive relationship, especially as a small child, you can find great freedom in this part of the inventory. You see that you played no role, no responsibility for the cause of resentment. By simply writing the words NONE or NOT GUILTY, you can begin to be free from the misplaced shame and guilt you carried with you. With our inventory, we face difficult things from our past—but God is with us, and freedom awaits!!! So start writing!!!! Step 4: We made a search and fearless moral inventory of ourselves. There's a lot of talk about recovering about keeping our stock balanced. It's kind of confusing. The CR inventory worksheet, such as the one pictured above, is designed to guide CR participants through Process. How do we incorporate the good into our inventory process when it comes down to discovering and writing down the bad things we've done or what's been done to us? There's nothing good about it on the surface. It stems well from the results of logging (step 4), sharing with our sponsors (step 5), and then, when possible, redemption (step 9). How is our inventory balanced? Balanced inventory does not mean that we add columns to our inventory worksheet for good, although this can be done. Balanced inventory means we will embrace the good we have done in our lives as well. We don't need to dwell on the negative. We're not the sum total of the bad things that are included in our inventory. We have our own identity in Christ who erased our sins. He sees us as unsullied—impeccable and pure. Come now, let's settle the matter, says the Lord. Though your sins are like crimson, they will be as white as snow; Even though they're as red as scarlet, they'll be like wool. (Isaiah 1:18, NIV) The problem is that we don't see ourselves that way because we carry with us our past mistakes and often let ourselves be defined. Maintaining a balanced inventory actually begins with a minute when we actively enter recovery (or join a step study). This is when we begin to form a relationship with others in recovery. This is through building accountability teams and regular meetings with our sponsor. These relationships are starting to pour positive things into us. They provide encouragement, wisdom, support, and prayer. They help us see that we are worthy of love and accepted for who we are, not for what we have done. Our supplies are also balanced by the memory of the scriptures, such as Isaiah 1:18 above, by regularly attending meetings celebrating recovery, listening to or reading other people's testimonies of hope (divided in meetings or one-on-one) and fulfilling our minds with any of the over 7,000 promises found in the Bible. We renew our minds—replacing the not so good with the good, the better, and the best of what God has to offer us. Do not adapt to the pattern of this world, but transform yourself by renewing your mind. Then you will be able to test and approve what God's will is—His good, pleasant, and perfect will. (Romans 12:2, NIV) Also, as you write about the negative things that have happened in your past, look for any good that may have come out of it. Follow these things. They help turn our negative attitude into an attitude of gratitude. Review them as you work on your inventory and maybe share them with your sponsor. Forget the former things; they don't dwell on the past. See, I'm doing a new thing! Now it springs; Don't you perceive that? I'm making my way in the wild and streams in the wasteland.' (Isaiah 43:18-19, NIV) As in the good of around you in recovery and from God's Word, may God turn you into something new—where your life is filled with a greater purpose. Taking garbage, so to speak, by writing our personal stash, frees us to receive the good. Like a circus performer walking a rope above the crowd, finding the right balance can be a challenge as we work on our supplies. After finding it, with the help and support of your recovery relationships and God's Word, you will later more easily balance life. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is beautiful, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8, NIV) The leader in Celebrate Recovery on the Plateau contributed. © 2015 CelebrateRecoveryOnThePlateau.org KEEP IT SIMPLE attached documents are intended to help you as you complete your moral inventory. The self-preservation worksheet is a CR tool, resentment, fears, harm to others and sex worksheets are from the AA. They can be seen by clicking on the link and downloading for your use. Find a tool, method or strategy that allows you to be completely honest as you proceed with this important step in recovery, but do not fall into the trap of overthinking - paralysis analysis - be kind to yourself and trust the process. The goal is PROGRESS - not PERFECTION! self exam inventory worksheet 12 step resentment worksheet 12 step fears worksheet 12 step damage for other worksheet 12 step sex worksheet worksheet