

Celebrate Recovery

The Negatives Inventory Worksheet

"Let us examine our ways and test them, and let us return to the Lord." Lamentations 3:40

HURTS			HANG-UPS	HABITS
Who/What Hurt Me?	What Happened?	How Did You Feel?	What was the Damage?	What was/is My Part?

Celebrate Recovery

The Positives Inventory Worksheet

"Let us examine our ways and test them, and let us return to the Lord." Lamentations 3:40

Who/What Brought Me Joy?	What Happened?	How Did You Feel?	What was the Gain?	What was/is My Part?