Inventory Spreadsheet from TVC Recovery Group

Guilt and Shame | Resentments | Fears | Sexual Conduct | Abuse

Guilt and Shame -The Cause	Who was hurt?	The Affect	What part of "self" was threatened or seeking satisfaction								My Role (to be done with my sponsor)				
			Social		Security			Ambitions			Exact nature of *My* wrongs				
Guilt is the remorseful result of having done something wrong. Shame is a painful emotion experienced when our guilt is exposed or when our dignity is marred by the sin of another. Ask yourself what caused the shame or what am I guilty of? List the specific action I did or that was done to me.	List the names of those who were affected.	The affect that action had on my life or others	Self-Esteem	Personal Relationships	Material	Emotional	Sex Relations	Social	Security	Sexual	Selfish / Self-centered	Self-seeking	Frightened	Dishonest	Inconsiderate

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I'm Fearful of:	The Affect	The Cause
List the persons, institutions or situations we are/were fearful of	How has this fear affected my life?	Ask yourself what caused/causes me to be fearful?

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A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P

Who/What	The Cause	The Affect	Part of "self " that was seeking satisfaction									My Role (to be done with sponsor)				
			Social		Security			Ambitions				Exact nature of *My* wrongs				
Who or what have I engaged sexually apart from God's design for sex?	What specifically did I do to cause this harm? List the specific actions I did.	The affect that action had on my life and the lives of others	Self-Esteem	Personal Relationships	Material	Emotional	Sex Relations	Social	Security	Sexual		Selfish / Self-centered	Self-seeking	Frightened	Dishonest	Inconsiderate

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Person	The Cause	Type of Abuse						If any of these are currently present in my life regarding this situation add to other inventories					My Response	Exact nature of *My* wrongs, faults, mistakes (to be done with sponsor after praying through all situations)					
List those people, institutions and principals who may have hurt us.	What specifically happened to me to cause this harm? List the specific abuses. Be specific.	Sexual	Emotional	Power / Authority	Ritualistic	Verbal	Physical	Shame	Resentment	Fear/ Anxiety	Guilt	Regarding guilt: Renounce the lie that I am responsible for the abuse itself	How have I responded to the abuse? What ways have I attempted to deal with these wounds? Have I avoided or supressed it? In what ways have I attempted to deal with it independent of God through self-protective measures? Who or what have I turned to other than God for healing? To cope? Have I engage those institutions (the law and/or the church) in an attitude of love, when appropriate.	Self-centered	Self-seeking	Frightened	Dishonest	Inconsiderate	Other