

To what degree do you consider the feelings of others in your relationships? Are their feelings; more important, less important, equal or not important at all?

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Do you ever feel less than others? Is this real?

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Do you think that you will ever be able to meet societies expectations of you?

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Do you believe that addiction is your only problem?

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Evaluate your own qualities, which ones do you like, which ones do others like?

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How has your life been out of balance?

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What parts of your personality make it difficult for you to maintain friendships?

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How can you change your behaviour so that you can begin to have healthy relationships?

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Do you take responsibility for other peoples behaviour?

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Do you blame other people for your own behaviour?

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There are four parts to the inventory, complete them in order as follows.

1. Resentments.
2. Fears.
3. Sex Conduct.
4. Harms To Others.

The columns on the worksheets go from TOP to BOTTOM. Not straight across. Ask for guidance.

Example: Column 1, (left column) list all the people, institutions, principles and things that go in this first column, top to bottom. DO NOT move to the second column until column 1 is complete.

Have you made anything up to look big or because your inventory looks too short?

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Are there any recurring themes in your resentments?

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