

APPENDIX ONE: TAKING A MORAL INVENTORY

NOTE: A more complete version of this information may be found in the "Life's Healing Choices" book on pages 115-117, or in Appendix Eight of this workbook.

Facing your past and being honest about your guilt is not easy. You need God's help to take each step in this choice. There are three actions involved with this:

ACTION 1: Pray About It

Prayer is the best way to tap into his power. Ask God to give you the courage and strength you need to come clean with your past and face the truth, and thank him for the forgiveness he has given you.

ACTION 2: Write About It

Take an 8.5 x 11 piece of paper and divide it into five columns. You will need several sheets of paper to complete your moral inventory.

IN COLUMN ONE, The Person, list the person or object you resent or fear. Go back as far as you can. Remember that resentment is mostly unexpressed anger, hurt or fear.

IN COLUMN TWO, The Cause, list the specific actions someone did to hurt you.

IN COLUMN THREE, The Effect, write down how that specific, hurtful action affected your life both in the past and in the present.

IN COLUMN FOUR, The Damage, write down which of your basic needs was injured: Social (Have you suffered from broken relationships, slander or gossip?), Security (Has your physical safety been threatened? Have you faced financial loss?) or Sexual (Have you been a victim in abusive relationships? Has intimacy or trust been damaged or broken?).

IN COLUMN FIVE, My Part, honestly determine and write down the part of the resentment or any other sin or injury that you are responsible for. Ask God to show you, and list the people you have hurt and how you specifically hurt them.

ACTION 3: Share about It

Now that you've written everything down, it's time to share those truths aloud with a trusted friend. In your next meeting, go through your five columns and share it all. This is the second part of Choice Four, that you "openly confess your faults to someone you trust."

Remember, saying the words aloud gives shape to your thoughts, enabling you to face them productively. After you've shared, take a minute with your friend to thank God for his full forgiveness.

NOTE: Be careful to safeguard this inventory; this list is no one's business but yours, God's, and the special person you chose to share it with.