



# ABBA Ministries

501 N. Dale Ave.

Madison, TN 60050

(815) 347-3928

*Counseling to Dispel Your Darkness*

## Taking Personal Inventory

The Person	The Cause	The Effect	The Damage	My Part
Who do I resent?	What did the person do?	What effect did the action have on me?	What lasting injury have I lived with?	What was my part in this? (if abuse, NONE!)



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## Taking Spiritual Inventory

(use **Taking Personal Inventory** worksheet to record answers to the following)

### Relationships with others

Who has hurt you?  
Against whom have you been holding a grudge?  
Against whom are you seeking revenge?  
Of who are you jealous?  
Have you tried to justify yourself (it is "their fault")?

Who have you hurt?  
Of whom have you been critical?  
Of whom have you gossiped?

### Priorities in your life

In what areas of your life are you not putting God first?  
(These are your hurts, habits, and hang-ups?)  
What is interfering with putting God first?  
(ambition, pleasure, anger, fear, etc.)  
How do your priorities affect you and other people?

### Attitudes

Are you a grateful person?  
Are you easily angered?  
(Which of my priorities is being threatened?)  
Are you sarcastic? (Intentionally hurtful)  
Do you have fear or anxiety?

### Your Integrity

In what past dealings were you dishonest?  
Have you exaggerated to make yourself look good?  
Are you consistently the same person in all situations?

### Your Mind

Are you *dealing with* or *denying* reality?  
Have you filled your mind with *healthy* or *unhealthy* influences?  
Have you maintained balance in your thinking?  
Have you failed to concentrate on the positive truths of the Bible?

### Your Body

In what ways have you mistreated your body?  
What habits or activities harmed your physical health?

### Your Family

Have you mistreated anyone in your family, (if so, how)?  
Against whom in your family do you have a resentment?  
What is the family secret that you have been denying?

### Your Church

Have you been faithful to your church in the past?