

Personal Inventory Method

Certain life problems are easier to manage after we have evaluated them using the Personal Inventory Method. Honesty is a critical component of the Inventory Method. Through honest introspection, you might be surprised by what you discover about yourself and others. This exercise has been adapted and expanded from the 4th Step Inventory of Alcoholics Anonymous.

My purpose(s) for taking this inventory:

- 1.
- 2.

CAUSE	AFFECT ON ME	WHAT I DO/DID TO CAUSE IT OR MAKE IT WORSE	I WANT	I NEED	CORRECTIVE PLAN OF ACTION
Person, situation, institution, other:	Self-esteem relationships, family, finances, emotional security, sexual relations, ambitions, sobriety etc.	Example: Selfish, dishonest, fearful, manipulative, blaming, inconsiderate, inconsiderate, etc.	I want:	I need:	I will take the following actions: