Harms Inventory Worksheet

This is private. Use initials. Write honestly, without shame, and go over it only with your sponsor.

How to fill it in

- Whom I hurt: initials are enough. Include partners and spouses, family, friends, people at work, and anyone you used.
- What I did: a few honest words. No need for details on paper.
- Which defect: selfish, dishonest, inconsiderate, jealous, resentful, afraid. Name what drove it.
- What I should have done instead: the kind, honest thing. This becomes your ideal for the future.
- Amends?: yes, no or ask. Don't plan the amends yet. That's Steps Eight and Nine, with your sponsor.

QUESTIONS TO ASK

1. Where was I selfish, dishonest or inconsiderate?

2. Whom did I hurt? Did I stir up jealousy, suspicion or bitterness in someone?

3. Where was I at fault, and what should I have done instead?

4. Apart from sex, whom have I harmed with my words, my money, my temper or my absence?

MY HARMS INVENTORY

Whom I hurt	What I did	Which defect	What I should have done instead	Amends?

A SANE AND SOUND IDEAL

1. What do I want my relationships to look like from here on? Write it plainly.

2. What do I need to ask God for in this part of my life?

KEEP YOURSELF AND OTHERS SAFE

- Keep this paper somewhere private. Burn or shred it when you and your sponsor are done.
- Anything involving an affair, a former partner, money owed or the law gets talked over with a human sponsor or pastor before any amends.
- Never make an amends that would hurt someone else.
- If you are being hurt at home, or are afraid you could hurt someone, call the National Domestic Violence Hotline at 1-800-799-7233. In crisis, call or text 988. In danger, call 911.

A prayer for this inventory

God, I've hurt people I said I loved.
Show me the truth without letting me drown in it.
Make me who You meant me to be,
and give me the strength to live it out. Amen.

SCRIPTURE

> *"Create in me a clean heart, O God, and renew a right spirit within me."*
>
> **PSALM 51:10 · ESV**

> *"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*
>
> **1 JOHN 1:9 · ESV**

> *"Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy."*
>
> **PROVERBS 28:13 · ESV**