

NAME: _____ DATE: _____

Open Share Small Group Discussion Worksheet

Inventory

...to list items in stock

Step 4: We made a searching and fearless moral inventory of ourselves.

"Let us examine our ways and test them, and let us return to the Lord" Lamentations 3:40

Principle 4: Openly examine and confess my faults to myself, to God, and to someone I trust.

"Happy are the pure in heart" Matthew 5:8

Note to the Newcomer: Open Share Small Groups allow us to grow closer to one another through sharing our hurts, habits & hang-ups and the tools we use to overcome them. When we go around the room, feel free to share on tonight's topic or say pass and just listen. In order to start the recovery process on a solid foundation we suggest that you:

1. Make a commitment to attend the large group and small group time regularly **2.** Start looking for someone that you connect with that you can ask to be your sponsor or accountability partner. These people will be able to assist you on your journey and will become part of your accountability team. **3.** Begin working and applying the recovery principles found in the CR Participant's Guides and the Bible. **4.** Set a personal goal to become involved in a step study group.

STARTING MY INVENTORY (further information on personal inventory may be found in the CR Participant's Guide #2)

If you have completed steps one through three, you've built your accountability team and you have a sponsor, it's time to start writing your personal inventory. If you haven't, use this information to prepare for your *future* self inventory. Remember, you do not have to go through this alone.

A personal inventory helps us evaluate many areas of our lives including resentments, fears, sex issues, harms and our spiritual condition. When we look at each of these areas we list the information in five columns: (an example of the CR Inventory list can be found on pages 28 & 29 of the CR Participant's Guide.)

Column 1: "The Person" or object we resent, fear or harmed.

Column 2: "The Cause" List the specific actions that someone did to hurt you or you did to them.

Column 3: "The Effect" List the specific hurtful action that affected your life.

Column 4: "The Damage" Which of your basic instincts were injured?

Column 5: "My Part" Where was I selfish, self-seeking, insecure, dishonest, inconsiderate or frightened?

LARGE GROUP REFLECTION:

What tools did the lesson or speaker give me to help with the inventory process?

The Lesson or Speaker's Testimony helped me recognize that _____.

OPEN SHARE SMALL GROUP DISCUSSION STARTERS:

1. What in my life do I fear and why do I fear it or them?
2. How has my emotional security been damaged by another's actions?
3. Has a resentment left any damage in my life?
4. What part of my resentment against another is MY responsibility?
5. How have I harmed others with my hurts, habits or hang-ups?
6. How have I handled abusive relationships in the past?
7. What is the best way I can bring happiness into the lives of others?

