

HOW TO WRITE A MORAL INVENTORY

Challenge:

Use the Tools of Personal Change to work through your challenge (problem)

- * What is my challenge?
- * Why is it there?
- * What are its effects on myself and others?
- * What will happen if I don't change it?
- * How am I going to change it (using the Steps, Signs, Serenity Prayer, Five Criteria)?

Good Points:

Identify at least 3 good points

- * What are some qualities I see that are good in myself?
- * What did I do good today?

Goals:

Be specific

- * Something you are going to do or need to do that is in your best interest.
- * Some goals from my challenge, specifically for tomorrow.

Blessing:

- * Something I am thankful for.

SAMPLE MORAL INVENTORY

Challenge:

I challenge myself to stay motivated about staying drug free and to keep my priorities on working for myself instead of my family or other people. I know that I am powerless over my addiction, and that working for other people makes my life unmanageable. I have come to believe that my higher power can restore me to sanity, because it is insane for me to put priority on other people, and outside things. I make the decision to turn my will of wanting to work for other people over to the care of God. I have made a searching moral inventory, and found that in my past I put priority on others to avoid myself. I admit to God, myself and another human that I still do this today and this keeps me from growing in my recovery. I see where my defect of wanting to avoid my feelings is coming up, and I am entirely ready to have God remove this defect of character. I humbly ask God to remove my shortcomings. I have made a list of the people that I have harmed, and found that the person I have hurt the most is myself, and I am willing to make amends. I have already started to make amends and change by making myself first priority. I am continuing to take a personal inventory and watching out for this defect. I am also praying and asking God's will which I think will help me keep priority on myself. I am going to be talking with other people who have the same struggle to help gain personal strength and help others when possible.

Good Points:

1. I am an unselfish person; I enjoy giving out to people. I like helping people out and watching people grow.
2. I am an honest person. When I have problems, I don't hesitate to talk about whatever is going on with me. I don't avoid any of the feelings I go through. I talk about them.
3. I really shared and learned a lot in the group tonight.
4. I am a very determined person. When I admit to myself I have a problem I apply my program and change no matter how much work it may take because I care about myself and I am eager to grow.

Goals:

1. I will talk in the next parent session about the anxiety I feel when speaking in front of them.
2. I am going to use more feeling words when I talk and think about myself rather than other people's thoughts about me.
3. I will continue to write moral inventories at least throughout first and second phase of the program.

Blessing:

I thank God for the friends I have. I thank Him for my family and their health. I am very grateful that I have the ability to make decisions and change myself when I want.