

MORAL INVENTORY GUIDE

Challenge:

What is my challenge (problem)?

Why is it there?

What are its effects on myself and others?

What will happen if I don't change it?

What will happen if I do? How will it help me?

How am I going to change it (using the Steps, Signs Serenity Prayer and the STRAIGHT Thinking Criteria)?

Goals:

Some goals from my challenge specifically for tomorrow.

Some things I am going to do tomorrow that are in my best interest.

Good Points:

What are some qualities I see that are good in myself?

What are some good things I did today?

Blessing:

Some things I am thankful for.

every night - need 3 MI on Monday

SAMPLE MORAL INVENTORY

Challenge:

I choose to constantly worry about what other people think of me and the things I say and do. I am very self-conscious. I am powerless over feeling self-conscious. I am the one who chooses to feel self-conscious and worry about what people think of me. I choose to make a decision, not to worry about what people think of me by making a decision, to push through this worry and be honest with how unnecessary this worry is and how I am wrong to use it as an excuse. When I worry about what people think of me, I end up feeling guilty and I start limiting myself. I don't like the way I feel. I have admitted that I am powerless to worry over what people think of me. I have talked with myself, friends and God. I have made amends to myself. I will push through this fear and start showing the real me and get to know me. I have made my change and am helping out others with the same problem by being open and honest about what I was going through.

Goals:

1. I am going to talk to my family about my challenge and open my mind for suggestions.
2. I am going to use more feeling words and think about myself, rather than other people's thoughts about me.
3. I am going to have a positive attitude towards parent raps by thinking positive thoughts.
4. I am going to keep in mind the benefits of my challenge and also the consequences that may occur if I don't change.

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 am. 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 rap 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.

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 to.