

MORAL INVENTORY GUIDE

NEW PARENT SESSION
LEADER HANDOUT
SESSION # 2

CHALLENGE:

- What is my challenge (problem)?
- What are its effects on myself and others?
- How will I be different when I change it?
How will I be helped?
- How will I use my program to change?

Problem

1. I am powerless over... it makes my life unmanageable in these ways...
2. Powers greater than myself can help me with this in this way...
3. I choose to turn my will and life over to the care of my higher powers... (who are some of my higher powers?)

feelings

4. In searching myself I also find... (How is this challenge affecting other areas of my life?)
5. I am asking for help and talking to... about this.
6. I am ready to have my higher power help me make this change.
7. I humbly asked my higher power to remove... (Help me make a change.)

change

8. I am willing to make amends to...
9. I will make direct amends to... on... (Specific date and time.)
10. I am changing this and some of the ways to prevent this from happening again and/or to stay consistent with this positive change are...
11. I am improving my communication with my higher power by...
12. I am applying what I have learned about this challenge by...

GOALS: (at least three)

- Some goals from my challenge specifically for tomorrow
- Some goals for tomorrow that are in my best interest to accomplish

GOOD POINTS: (at least three)

- What are some specifics I feel good about today?
- What are some qualities I like in myself?

BLESSING:

- I am thankful (grateful) for...