

Christians in Recovery 2 Week Inventory

For each day put a **+** for your positive feelings and a ~~-~~ for your negative feelings

This is not a test. It is a means to help you discover the areas of your recovery process that need to be worked on.

+	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Forgiving															Angry
Serene															Agitated
Responsible															Addictive
Humble															Arrogant
Self/ Spirit Controlled															Obsessive/ Compulsive
Functional															Dysfunction
Manageable															Unmanageable
Self/God Reliant															CoDependent
Victorious															Helpless
Free															In Bondage
Loving															Abusive
Motivated															Procrastinating
Honest															Deceiving
Self-Nurturing															Self-Destructive
Self-Esteem															Self-Hateful
Forgiven															Ashamed
Strengthened															Tempted
On Track															Backslidden
Content															Lonely
Encouraged															Discouraged
Confident															Afraid