Moral Inventory

Make a searching and fearless moral inventory of yourself. This is a fact-finding and fact-facing process. Take an honest look at your past acting out behaviors and write them down. Also, examine how many times you have committed to stop this behavior. The best way to approach this assignment is in segments of years. Examine your life from the ages of 5 to 10 years old, 10-15, 15-20 and so forth until the present time. This is not a public document and should be shared only with a select few while in treatment. After completing this document, some choose to keep it as a reminder and some choose to destroy it.

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