

# Personal Inventory (Positives)

NAME \_\_\_\_\_

<b>The Person and/or Event</b>	<b>The Cause</b>	<b>The Effect</b>	<b>The Positive Effect</b>	<b>My Part</b>
<i>Who and/or what has brought me joy?</i>	<i>What specific occurred to encourage me?</i>	<i>What effect did that action have on my life?</i>	<i>What positive effect did that action have on my basic social, security, and/or sexual instincts?</i>	<i>What part of the joy am I responsible for?</i>

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