

Breakthrough into Recovery Worksheets

Rory MaGrath

Copyright © Rory MaGrath 2018

The right of Rory MaGrath to be identified as the author of this work has been asserted by the author in accordance with the Copyright, Designs and Patents Act 1988.

All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording or any information storage and retrieval system, without permission in writing from the author or publisher.

This first edition published in the United Kingdom by Onwards and Upwards Publishers (2018).

Resentments Inventory Worksheet Prompts

People

Father (incl. step/in-laws)
Mother (incl. step/in-laws)
Sisters (incl. step/in-laws)
Brothers (incl. step/in-laws)
Aunts
Uncles
Cousins
Clergy (priests, pastors, etc.)
Police
Lawyers / judges
Doctors
Employers
Employees (if you are a boss)
Friends (school, best, life-long)
Teachers
Co-workers
Acquaintances (sexual & non-sexual)
Girl/boyfriends or spouses
Parole/probation officers
Program and rehab friends
Creditors

Institutions

Marriage
Bible
Church
Religion
Races (general or specific)
Law
Authority
Government
Education system
Correctional system
Mental health system
Philosophy
Nationality
Military
Government departments
Rehabilitation centres
Hospitals

Principles

God/deity (the creator)
Retribution (vengeance)
The Ten Commandments
Jesus Christ
Satan
Death
Life after death
Heaven
Hell
Sin
Adultery
A golden rule ("You must...")
Original sin (Adam and Eve)
Seven deadly sins
Eternity
"Do unto others..."
"Turn the other cheek"

You might have others that spring to mind because these have triggered a memory.

Put them on your Resentments Inventory worksheet.

Template of Resentments Inventory Worksheet

	1. The resentment	2. The reason or cause	3. The effect on me			4. My part	5. Future action
			My social instincts: companionship (C), prestige (P), self- esteem (SE), personal relations (PR) and ambitions (A)	My security instincts: material (M), emotional (E), ambitions (A)	My sexual instincts: acceptable relations (AR), unacceptable relations (UR) and ambitions (A)		
	I am resentful towards (or at)...	I am resentful because...				Was I... selfish (S), self-seeking (SS), dishonest (D), frightened (F) or inconsiderate (I) in any way?	I will... pray and meditate / think (PM) and make amends (MA)
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							

Fears Inventory Worksheet Prompts

Fear of...

Writing an inventory
Rejection
Alcohol
Sex
Authority
Employment
Insects
Doctors/dentists
Being found out
Success
Fear itself
Women
Crying
The unknown
Disapproval
Hospitals
Hurting others
Being alive
Gossip
Change

Dying
Loneliness
Drugs
Sin
Heights
Parents
Losing a child
Police
Stealing
Gays and lesbians
Responsibility
Drowning
People
Poverty
Abandonment
Confrontation
Feelings
Violence
Government
Wealthy people

Insanity
Diseases
Relapse
Self-expression
Unemployment
Losing a spouse
Animals
Jail
Creditors
Failure
Physical pain
Men
Being alone
Races
Intimacy
Sobriety
Getting old
God
Gangs
Guns

You might have others that spring to mind because these have triggered a memory.

Put them on your Fears Inventory worksheet.

Template of Fears Inventory Worksheet

	1. The fear I am fearful of...	2. The reason or cause I am fearful because...	3. Future action I will... pray and meditate / think (PM)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

Template of Harms Inventory Worksheet (Sexual and Non-sexual)

	1. The harm	2. How I harmed	3. My part that caused the harm	4. Future action
	Whom did I harm? I harmed...	What did I do? I...	Was I... selfish (S), self-seeking (SS), dishonest (D), frightened (F) or inconsiderate (I)?	I will... pray and meditate / think (PM) make amends (MA) and
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				

Template of Good Qualities Inventory Worksheet

	1. The good quality What are my good qualities? I am...	2. Motive What is my reason? I am..., because...	3. Quality of the motive What was my moral standard in this motive? Right or Wrong	4. Future action I will... pray and meditate / think (PM) or pray and thank God (PT)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				

Personal Inventory Worksheet (Step 10)

Daily personal inventory	People, Institutions and Principles			
	A.	B.	C.	D.
Checks				
1. Do I have resentment?				
2. Have I harmed?				
3. Was I selfish?				
4. Was I self-seeking?				
5. Was I dishonest?				
6. Was I frightened?				
7. Was I inconsiderate?				
8. Do I need to make amends?				
9. I need to pray and meditate				

Breakthrough Recovery Meeting

Good evening, everybody, and welcome to Breakthrough Recovery Meeting. My name is _____ and I'm a recovering _____ [name your dependency disorder].

Please join me in the Lord's Prayer said together:

"Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth, as it is in heaven. Give us today our daily bread, and forgive us our trespasses, as we forgive those that trespass against us. Lead us not into temptation but deliver us from evil. For thine is the kingdom, the power and the glory, forever and ever. Amen."

We here, of Breakthrough Recovery (BR), are a fellowship which is devoted to helping others to recover from any dependency disorder they may have, and to guide them to salvation through Jesus Christ and to grow in a meaningful relationship with God.

We are not a professional organization, and none of us are experts; it's just that we have found a way to stay sober and lead normal lives through God's help.

We share experiences, strengths and our hopes with each other.

Together we want to help in finding God's will for each of our lives, and develop our trust in God's strength, so that we will have the power needed to carry out His will.

We keep anonymity at our meetings. Who you see here, what is said here, when you leave here, let it stay here, so that this meeting can be a safe place for us to speak honestly about our spiritual journey.

This meeting is intended to supplement, not replace, other 12-step meetings. We encourage you to attend other meetings that apply to your specific dependency disorder and support regular church attendance at a church of your choice. We also support you in getting a spiritual partner and working the steps, one day at a time.

BR does not discuss the doctrinal views of other denominations, and neither opposes nor endorses different Christian doctrines. Our primary purpose is to recover from our dependencies and to grow our relationship with God through Jesus Christ.

We respect all the views of this church where we meet and will help the church in any way we can.

Could somebody please read the 12 steps and someone else the related Bible verses?

Introduce the format and who will be reading or sharing or leading.

Closing

Are there any recovery-related announcements? (Birthdays, apologies, prayer requests, etc.)

Optional: We ask that any newcomers and visitors refrain from contributing. (Pass the bag.)

Can we all join hands as we close the meeting with the saying of the Serenity Prayer together:

"We do this to remind ourselves that we need never stand alone. Let us take a moment to remember those out there that are still suffering with various dependencies... *(Pause for about 5 seconds)* The Serenity Prayer: *(All say the prayer together)* God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Amen."

BRM

Hi! My name is _____ and I'm a recovering _____ [name your dependency disorder].

The 12 steps (read only the bold writing)

1. **We admitted we were powerless over alcohol, that our lives had become unmanageable,** *I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but cannot carry it out.*
(Romans 7:18)
2. **came to believe that a power greater than ourselves could restore us to sanity,** *My grace is sufficient for you, for my power is made perfect in weakness.*
(2 Corinthians 12:9)
3. **made a decision to turn our will and our lives over to the care of God, through Jesus Christ,** *If anyone would come after me, he must deny himself and take up his cross daily and follow Me.*
(Luke 9:23)
4. **made a searching and fearless moral inventory of ourselves,** *Let us examine our ways and test them, and let us return to the Lord.*
(Lamentations 3:40)
5. **admitted to God, through Jesus Christ, to ourselves and to another human being, the exact nature of our wrongs,** *Therefore, confess your sins to each other and pray for each other so that you may be healed.*
(James 5:16)
6. **were entirely ready to have God, through Jesus Christ, remove all these defects of character,** *If you are willing and obedient, you will eat the best from the land.*
(Isaiah 1:19)
7. **humbly asked Him to remove our shortcomings,** *Humble yourselves before the Lord, and He will lift you up.*
(James 4:10)
8. **made a list of all persons we had harmed and became willing to make amends to them all,** *Therefore, if you are offering a gift at the altar, and there remember that someone has something against you, leave your gift at the altar, first go and be reconciled to your brother; then come and offer your gift.*
(Matthew 5:23,24)
9. **made direct amends to such people wherever possible, except when to do so would injure them or others,** *Give and it shall be given you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.*
(Luke 6:38)
10. **continued to take personal inventory, and when we were wrong, promptly admitted it,** *For by the grace given me I say to every one of you; do not think of Yourself more highly than you ought, but rather think of yourself with sober judgement, in accordance with the measure of faith that God has given you.*
(Romans 12:3)
11. **sought through prayer and meditation to improve our conscious contact with God, through Jesus Christ, praying only for knowledge of His will for us, and the power to carry that out,** *May the words of my mouth and the meditation of my heart be pleasing in your sight, oh Lord, my rock and my redeemer.*
(Psalms 19:14)
12. **having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practise these principles in all our affairs.** *Brothers, if someone is caught in sin, you who are spiritual should restore them gently. But, watch yourself, or you also may be tempted. Carry each other's burdens and in this way you will fulfil the law of Christ.*
(Galatians 6:1,2)

BRM

Hi! My name is _____ and I'm a recovering _____ [name your dependency disorder].

The 12 steps (read only the bold writing)

1. We admitted we were powerless over alcohol, that our lives had become unmanageable, ***I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but cannot carry it out.***
(Romans 7:18)
2. came to believe that a power greater than ourselves could restore us to sanity, ***My grace is sufficient for you, for my power is made perfect in weakness.***
(2 Corinthians 12:9)
3. made a decision to turn our will and our lives over to the care of God, through Jesus Christ, ***If anyone would come after me, he must deny himself and take up his cross daily and follow Me.***
(Luke 9:23)
4. made a searching and fearless moral inventory of ourselves, ***Let us examine our ways and test them, and let us return to the Lord.***
(Lamentations 3:40)
5. admitted to God, through Jesus Christ, to ourselves and to another human being, the exact nature of our wrongs, ***Therefore, confess your sins to each other and pray for each other so that you may be healed.***
(James 5:16)
6. were entirely ready to have God, through Jesus Christ, remove all these defects of character, ***If you are willing and obedient, you will eat the best from the land.***
(Isaiah 1:19)
7. humbly asked Him to remove our shortcomings, ***Humble yourselves before the Lord, and He will lift you up.***
(James 4:10)
8. made a list of all persons we had harmed and became willing to make amends to them all, ***Therefore, if you are offering a gift at the altar, and there remember that someone has something against you, leave your gift at the altar, first go and be reconciled to your brother; then come and offer your gift.***
(Matthew 5:23,24)
9. made direct amends to such people wherever possible, except when to do so would injure them or others, ***Give and it shall be given you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.***
(Luke 6:38)
10. continued to take personal inventory, and when we were wrong, promptly admitted it, ***For by the grace given me I say to every one of you; do not think of Yourself more highly than you ought, but rather think of yourself with sober judgement, in accordance with the measure of faith that God has given you.***
(Romans 12:3)
11. sought through prayer and meditation to improve our conscious contact with God, through Jesus Christ, praying only for knowledge of His will for us, and the power to carry that out, ***May the words of my mouth and the meditation of my heart be pleasing in your sight, oh Lord, my rock and my redeemer.***
(Psalms 19:14)
12. having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practise these principles in all our affairs. ***Brothers, if someone is caught in sin, you who are spiritual should restore them gently. But, watch yourself, or you also may be tempted. Carry each other's burdens and in this way you will fulfil the law of Christ.***
(Galatians 6:1,2)