

Mirror Inventory

The Person	Cause of My Wound	Immediate Damage	Ongoing Personal Effect	My Part
<p>Who do I resent, fear, or struggle being around or thinking about?</p>	<p>What <i>specifically</i> did they do or not do that hurt me? (Describe <i>specific</i> actions or behaviours, intentional or not, that cause you pain)</p>	<p><i>At that time</i>, how did their actions or behaviour affect/hurt me emotionally, mentally socially, or sexually?</p>	<p>What ongoing effect has their behaviour had on my life? (Emotional, mental, social, sexual, coping mechanisms)</p>	<p>What part of my attitude and response to their actions am I responsible for?</p>
<p>Nordiques Coach “_____” 1978 @ age 12</p>	<p>While called up to all-star team for a game, the coach said, “You’re still not part of this team.”</p>	<p>Felt inadequate, unskilled, rejected, and fearful of ever trying again.</p>	<p>Became champion of the underdog. Never attempted anything that may I may “fail” at.</p>	<p>Said, “Never again.” Resenting God for not “choosing me” on various occasions. Feel jealous and resentment when others succeed.</p>

Shield Inventory

The Person	The Conflict	The Damage	The Personal Effect	My Part
<p>Who have I or am currently causing pain or hurt?</p>	<p>How have I hurt/am hurting them? (Describe specific actions or behaviours)</p>	<p>What damage could/did this action or behaviour cause them?</p>	<p>What effect has/is this all having on my life?</p>	<p>What connection does my actions/inaction have with my own hurt?</p>
<p>My husband during early dating years.</p>	<p>Living two lives- lying about what I was doing, who I was with, deliberately “forget” to tell him.</p>	<p>Created distrust. Invited Satan’s hold on our marriage. Belittled him for feeling betrayed.</p>	<p>Living delusional – unable to remember what events were true and what were not. Never truly open heart to husband Overwhelming feeling of shame and regret.</p>	<p>As a child, many didn’t believe me when I told the truth. Embellishing stories to be accepted by friends. Never felt good about myself, seeking fantasy world where I was.</p>

