

Step 10 inventory spreadsheet

This inventory log can be most effectively used by selecting three character weaknesses and three character strengths that you want to focus on during the week. Making copies of this page will enable you to focus on the other behaviors at another time. As you work with the behaviors you have selected, the following ratings will enable you to record your level of functioning when dealing with yourself and others.

Using the following ratings, record your level of functioning each day: 0 = Poor; 1 = Fair; 2 = Average; 3 = Good; 4 = Excellent

CHARACTERISTIC (Weakness)	MON	TUES	WED	THUR	FRI	SAT	SUN
Abandonment							
Anger/Resentment							
Approval seeking							
Caretaking							
Control							
Depression/Self-pity							
Dishonesty							
Frozen feelings							
Isolation							
Low Self-Esteem							
Over Responsibility							
Procrastination							
Worry (past or future)							

CHARACTERISTIC (Strength)	MON	TUES	WED	THUR	FRI	SAT	SUN
Forgiveness							
Generosity							
Honesty							
Humility							
Patience							
Risk-taking							
Self-nurturing							
Tolerance							
Trust							