Step 4: A Fair Inventory

> *"And indeed this very fact is proof that my spirit is altered into something better, - that it can see its own faults, of which it was previously ignorant."*
>
> Seneca, Letters 6 (tr. Gummere)

Write as a fair witness would - honest, specific, without cruelty. One line per resentment, fear or harm. "My part" is not about blame; it is the piece that was yours to choose. Use as many sheets as you need, and finish with your strengths, because an honest inventory includes those too.

WHO OR WHAT	WHAT HAPPENED	WHAT IT TOUCHED IN ME (PRIDE, SECURITY, FEAR, RELATIONSHIPS)	MY PART - WHAT WAS MINE TO CHOOSE	R / F / H *resentment, fear, harm*

Patterns I notice

Strengths I can build on

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