

Template of the Harms or Hurt Inventory Worksheet

	1. The harm Whom did I harm? I harmed...	2. How I harmed What did I do? I...	3. My part that caused the harm Was I... selfish, self-seeking, dishonest, frightened, or inconsiderate?	4. Future action I will... pray and make amends
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				