

Harms Inventory

Who did I hurt:	What did I do:	Why did I do it: (what was I trying to get)	Character defect:	What should I do different?
		Self Esteem	Selfish	
		Emotional Security	Dishonest	
		Pocketbook	Self-Seeking	
		Ambitions	Frightened	
		Personal Relations	Inconsiderate	
		Sex Relations	Unrealistic	
		Pride		
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		Pocketbook	Self-Seeking	
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		Pride		

Self Esteem – How I think of myself

Emotional Security – General sense of well being

Pocketbook – Basic desire for money, property, possessions...

Ambition – Our goals, plans and designs for the future

Personal Relations – Our relations with other people

Sex Relations – Basic drive for sexual intimacy

Pride – How I think others see me

Selfish – “I want, what I want and I don’t care who doesn’t like it”

Dishonest – with myself or others. Intentionally lying or deceiving

Self-seeking/Self-Centered – Being so wrapped up in self that you forget that there even ARE other people.

(“I’m doing what I want to do and I never even considered how it would affect you”...)

Frightened – letting fear control your actions

Inconsiderate – failing to consider the needs, feelings and capabilities of others

Unrealistic – expecting things to be or happen in a way that is not just unlikely, but has no basis in reality