



extra

MIRROR INVENTORY

WORKSHEETS

Name: _____

facing the truth

Printing this document 2-sided will give you 10 additional MIRROR Inventory worksheets.

“MIRROR” INVENTORY APPROACH _____

THE PERSON	THE CAUSE OF MY WOUND
Who hurt me? Who do I resent, fear, dislike or distrust?	What specifically did they do or not do that hurt me? [describe the specific action or behaviors – intentional or not – that cause you pain]

THE WAY I'VE BEEN HURT AND ITS EFFECT

THE IMMEDIATE DAMAGE	THE INTERPRETATION	THE ONGOING PERSONAL EFFECT
<p>At <u>that</u> time, how did their actions or behavior affect/hurt me emotionally, mentally, socially or sexually?</p>	<p>Beliefs established, false guilt/blame embraced, judgments made, inner vows.</p>	<p>What ongoing effect has this experience had on my life? [emotional, mental, social, sexual and self-protective coping patterns]</p>



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PRINTING INSTRUCTIONS

Using the “mirror extras – booklet” file enables you to create supplementary inventory booklets using a 2-sided feature on your printer or print off “as is” and then photocopy 2-sided.

It may be helpful to cut 1/4 inch off the right side of your booklet so it better fits in the appropriate Participant Guide.



ken b. dyck has served as a pastor in Vancouver, Canada for 25 years and is the Executive Director of Freedom Session International. ken’s calling and passion in life is to help *“turn people from darkness to light and from the power of satan to God so that they may receive forgiveness of sins and find a place among those who are made holy by faith in Christ.”* (Acts 26:16-18)

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