

SOUL CARE INVENTORY

1. Through journaling, make a list of the following experiences and feelings.

• People/things you are:

- » angry about
- » frustrated towards
- » irritated by
- » hurt by
- » angry at
- » annoyed at
- » disappointed

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2. Make a list of things you feel you need to:

GROW IN	EXPERIENCE HEALING	REPENT OF/FROM

3. Make a list of people you need to forgive:

4. Make a list of people you need to be reconciled to:

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5. Make a list of things you need to confess:

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