

NAME: _____

The following is to be used as a “stroll down memory lane” to recall good and not so good times that either affects you today or has been suppressed until today...

2025 _____

2024 _____

2023 _____

2022 _____

2021 _____

2020 _____

2019 _____

2018 _____

NAME: _____

2017 _____

2016 _____

2015 _____

2014 _____

2013 _____

2012 _____

2011 _____

2010 _____

2009 _____

NAME: _____

2008 _____

2007 _____

2006 _____

2005 _____

2004 _____

2003 _____

2002 _____

2001 _____

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NAME: _____

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NAME: _____

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1980 _____

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1978 _____

1977 _____

1976 _____

1975 _____

1974 _____

1973 _____

NAME: _____

1972 _____

1971 _____

1970 _____

1969 _____

1968 _____

1967 _____

1966 _____

1965 _____

1964 _____

NAME: _____

1963 _____

1962 _____

1961 _____

1960 _____

My top 3- 5 most upsetting moments of my life were...

1.

2.

3.

4.

5.

My top 3- 5 most fulfilling moments of my life were...

1.

NAME: _____

2.

3.

4.

5.

Is there a month which is especially important or a sore spot?

- January February March April May June
- July August September October November December

When I was young, I felt....

When I was young, my years at home with my parents were...

When I was young, my neighbors were...

NAME: _____

When I was young, my friends were...

My elementary school moments...

My middle school memory moments...

My high school memory moments...

Some moments after high school...

Please identify and list losses (big & small), deaths, emotionally charged events, changes (big & small)

NAME: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

List some items/events that you had to keep as a secret:

How do you handle frustration?

What happens internally/externally when you get angry?

When you were a child, what coping skills did you generally use? _____

NAME: _____

As an adult, what coping skills have you retained since being a child? _____

How have you nourished or deprived the following attribute:
Intellectual _____

How have you nourished or deprived the following attribute:
Physical _____

How have you nourished or deprived the following attribute:
Social _____

How have you nourished or deprived the following attribute:
Spiritual _____

Name some events from your life that you felt "ripped off"

NAME: _____

Looking back at the last several years of your life, would you list the times and things you did that you might have considered to have "sold out on yourself"?

What did you lose or gain because of these choices?

As you are answering these questions, where do you feel the stress/tension in your body? _____

The use of labels (4F, Alcoholic, Stupid, Special Ed, Handicapped, Married, Single, Winner, Loser, Democrat, Republican, Criminal, Narcissist, etc.) seems to have been very important for the American society during and after the 1930's and is useless today. Please describe some labels that have been applied to you:

NAME: _____

After reviewing this Self-Inventory, what are the most significant items that you would like to change about yourself and consider a completely resolved issue in the future?

Is there anything you would like to add?
