

Personal Life Inventory

In a gentle yet honest way, reflect on your life – the ways you have hurt or betrayed yourself and others, ***knowingly or unknowingly, intentionally or unintentionally***.

Reflect (journal) about these regrets, hurts, betrayals, afflictive emotions, illnesses, hindrances, vices, broken vows, causes of suffering – ***of body, speech and mind***.

Areas to consider in relation to oneself or others (these are examples in no specific order and it is not meant to be a complete list):

- ❖ Physical violence and abuse
(toward self or other, including animals and insects)
- ❖ Sexual misconduct or inappropriateness
- ❖ Overindulgence
- ❖ Neglect
- ❖ Lying – dishonesty
- ❖ Gossip
- ❖ Harsh words
- ❖ Speaking too much
- ❖ Not speaking up
- ❖ Envy
- ❖ Jealousy
- ❖ Greed
- ❖ Harmful thoughts
- ❖ Distrust
- ❖ Suspiciousness
- ❖ Insecurity (physical, emotional, mental, financial)
- ❖ Doubt
- ❖ Competitiveness
- ❖ Aggression (physical or mental)
- ❖ Meanness
- ❖ Emotionally blocked or numb
- ❖ Hypersensitive
- ❖ Mental/emotional aggression
- ❖ Fears
- ❖ Anxiety
- ❖ Worry
- ❖ Nervousness
- ❖ Restlessness
- ❖ Distraction
- ❖ Codependency
- ❖ Distancing
- ❖ Addiction (of any sort)
- ❖ Clinging – Grasping
- ❖ Aversion - Resistance
- ❖ Avoidance
- ❖ Denial
- ❖ Urgency - impatience – impulsiveness
- ❖ Lethargy
- ❖ Depression
- ❖ Malaise
- ❖ Confusion
- ❖ Disconnection
- ❖ Abandonment
- ❖ Holding grudges – lack of acceptance (or forgiveness if that is an option)
- ❖ Rigidity
- ❖ Self-righteousness; indignation
- ❖ Denial
- ❖ Devaluing one's intuition
- ❖ Flight - Flight – Freeze
- ❖ Illness (physical and mental)
- ❖ Forgetting one's True Nature