

Emotional Inventory Tool

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There are two ways to use this tool.

1. Prayerfully write down the names of those who have caused you pain on the first row. Start with the most recent first. Read the emotion words to the left for each person. Place a ✓ beside the emotion that comes up.

2. Read through the emotions and write in the names above and ✓.

NAME →	Father	Mother											
EMOTION: ↓													
Abandoned													
Angry													
Anxious													
Ashamed													
Betrayed													
Bitter													
Cheated													
Confused													
Cruel													
Cursed													
Defiled													
Depressed													
Dirty													
Disappointed													
Disgust													
Distrustful													
Embarrassed													
Failure													
Fearful													
Forgotten													
Frustrated													
Guilty													
Hated													
Hopeless													
Hurt													

Inadequate													
Inferior													
NAME → EMOTION: ↓													
Insecure													
Jealous													
Lied To													
Loneliness													
Misunderstood													
Mocked/Made Fun													
Not Good Enough													
Offended													
Rejected													
Remorse													
Resented													
Responsible for													
Sad/Sorrowful													
Scared/Afraid													
Shame													
Stupid													
Ugly													
Unfit													
Unloved													
Unwanted													
Unworthy													
Used													
Vengeful													
Weak													
Worthless													
Wrongfully Accused													

Once you have completed the inventory, or perhaps during the process, begin to ask the Lord to heal the wound that is connected to the trigger emotion.

If a vivid memory arises, ask the Lord what He wants to show you or tell you that will heal the memory. Ask Him to reveal anyone you need to forgive or release in the memory and allow Him to heal it and replace the painful memory with a different thought. When that is done, command everything that came into that wound to go in the name of Jesus. If there is just

pain, ask the Lord how to let it go. The process may include forgiving, releasing, renouncing, and breaking any lies you believe. There are worksheets for each of these activities if needed.

Note: James Nichols submitted this worksheet as a tool he and his wife have used for years. The origin of the idea is unknown. We changed the tool to meet our purposes, but much is the same as the one shared with us.

Recommended Reading:

[Deliverance Companion](#)

[Spirit of Heaviness](#)

[Spirit of Death](#)

[Dressed to Kill](#)