

REFUGE RECOVERY

A Buddhist Path to Recovering from Addiction

FIRST TRUTH INVENTORY

Write an in-depth and detailed inventory of the suffering you have experienced in association with your addictions. Share the inventory with your mentor to understand the nature of your addiction/suffering.

On the path of recovery, we must understand that addiction is suffering, and accept all the ways that it has caused suffering in our lives. Only then can we begin to find freedom from addiction. Without full acceptance and disclosure recovery is not possible. We cannot skip this step; we must be thorough in our inventory process.

This inventory is designed to help the addict acknowledge and accept all of the ways that they have caused and experienced suffering. It is through the process of understanding, acknowledging and admitting suffering that we can begin to transform our relationship with suffering and begin to find liberation from it.

Answer each question in depth and detail. It is best to use a notebook or file dedicated solely for this process. These questions can also be found in the Refuge Recovery book on pages 6-9.

- Suffering is the stress created by craving for more. List the stress your addiction created. How did it manifest day to day? Moment to moment?
- Suffering is never having enough to feel satisfied. How did you suffer from dissatisfaction?
- Suffering is stealing to support your addiction. Did you steal? From whom? Make a thorough inventory of your theft.
- Suffering is lying to hide your addiction. When did you start lying about your addiction? Was it blatant? Did you minimize your addiction or omit any details. Who

REFUGE RECOVERY

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have you lied to? And what is the extent of your dishonesty?

- Suffering is feeling ashamed of one's actions. List all of the ways you have felt ashamed or guilty about your actions.
- Suffering is feeling unworthy. Has unworthiness affected you? In what ways?
- Suffering is living in fear of the consequences of one's actions. Did fear of getting caught affect your life? How?
- Suffering is the feelings of anger and resentment. Make a detailed list of everyone who you have ever been angry or resentful toward and why.
- Suffering is hurting other people. Make a list of all of the people you have hurt and how you hurt them.
- Suffering is hurting yourself. List all of the ways you hurt yourself.
- Suffering is the feeling of being isolated and alone. Did your addiction lead to a feeling of isolation? At the end were you all alone in your self-created disconnection? Write about how that felt.
- Suffering is the feeling of hatred toward oneself. List all of things about yourself you have ever judged or hated.
- Suffering is jealousy and envy. Make a list of everyone and everything you have ever envied.
- Suffering is feeling less than, inferior or beneath others. List the ways you have felt less than.
- Suffering is feeling superior, better than or above others. List the ways you have felt superior.
- Suffering is greedy, needy and selfish. List the ways being greedy, needy and selfish have affected your life and relationships.
- Suffering is the thought that I cannot be happy until I get... what are some of the things you think you need to be happy?
- Suffering is the anguish and misery of being addicted. What other forms of misery did your addiction create? How did it affect you sexuality? Your finances? Your looks?

REFUGE RECOVERY

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- Suffering is greed, hatred and delusion in all of its many manifestations. How else have you suffered?
- List the ways you put yourself or someone else in physical danger because of your addiction.
- List any grief or trauma in your life that have fueled your addiction.
- How have you suffered physically?
- List the ways you put yourself or someone else in physical danger because of your addiction.
- List the things that have disappeared from your life due to your addiction.
- List any misfortunes you have experienced because of your addiction.
- List any missed opportunities or failures in your life that were due to your addiction.
- List the ways in which your addiction has made your life different than the way you want it or intended it to be.
- Look at your relationship history and consider how your addiction may have caused harm in your relationships. Name some of the people and ways that you hurt them.
- How has your addiction affected your sex life?
- Has your sexual conduct hurt others? Name the people and be specific about how you caused harm.
- Are there any other ways that you have experienced or caused suffering in relation to your addiction? List them here. Don't leave anything out.
- What would your life look like if you were free from the suffering that addiction has caused? Be specific. Allow yourself to be generous and hopeful.
- Where do you see yourself in 5 years? 10 years? 20 years?