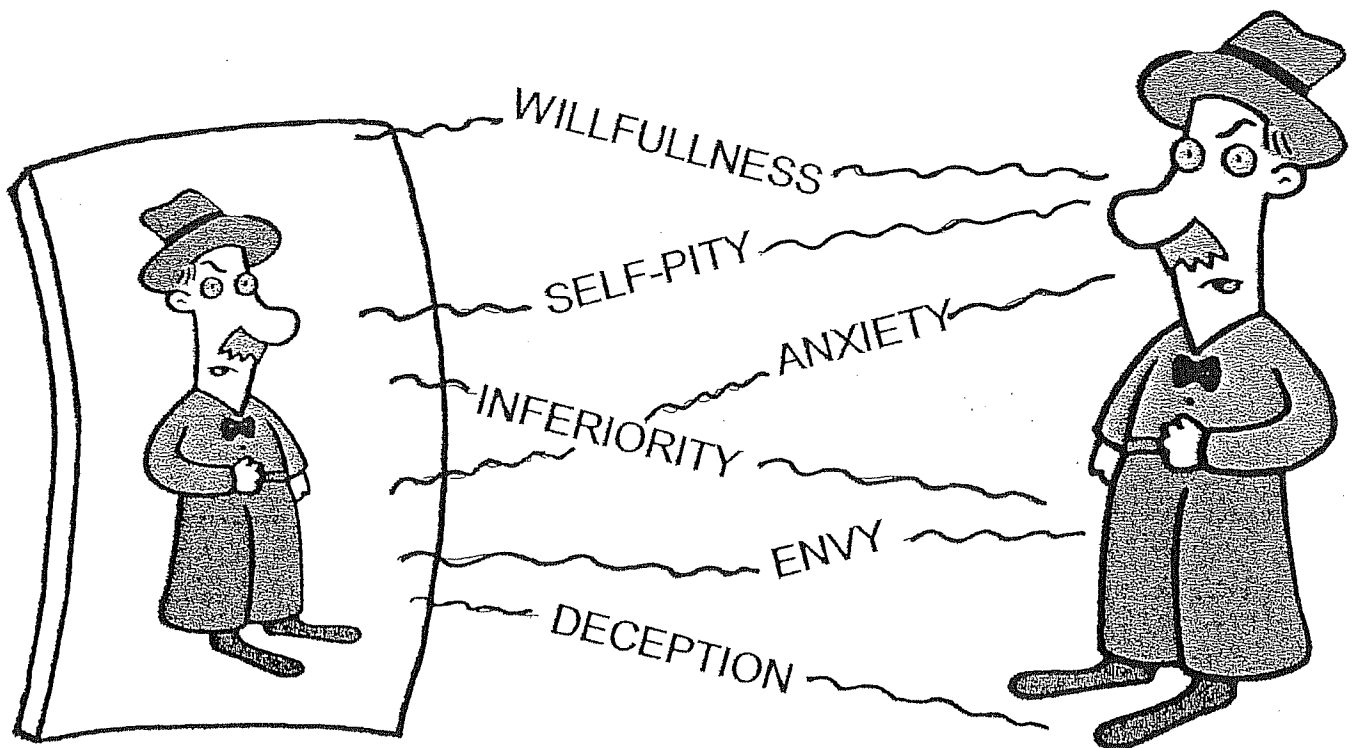


INSTRUCTIONS and COMMENTARY

on the

DAILY MORAL INVENTORY



“Preamble”

Your Daily Moral Inventory (DMI) was designed to assist you in taking a deep look at yourself. It is not discretionary, nor optional. It is mandatory, preemptory, profitable.

That is not to say that the “DMI” is the *only* method of taking a deep look at yourself, and your motives. In fact it is fairly certain that in the course of your stay at Fresh Start you will be given numerous, and various other assignments, and projects all designed to aid in the change, and replacement of habits, and the healing of wounds. *BUT*, as a practical, adaptable, universal tool, this is the one Fresh Start has adopted, and has used effectively over the years. It will be used throughout your stay to test, and exercise, the desire of each you to become the man of character which, at the onset of your quest for our help to a “Fresh Start”, you affirmed were your intentions. Everyone fills it out daily, and honestly.

A “Man of Character” by definition is a man with challenges and pressures; with imperfections, inconsistencies, and needs; with conflicts and failures *BUT* a man who has *purposed* to learn to face those things with godly attitudes and responses no matter what it costs, or who is watching (or not watching).

Who qualifies to become a man of character?

- Is there tension between you and family members, fellow workers, authorities or friends?
- Are there things about family members, fellow workers, authorities, or friends that irritate you?
- Is it hard for you to face the consequences of a mistake?
- Do you sometimes wish you could become a different person?
- Do you find it hard to maintain a schedule in your daily activities?
- Do you find yourself struggling with habits that threaten to ruin your reputation, finances, or relationships?

If you answered “yes” to one or more of these questions and believe that character is important for you and those you surround yourself with, then you qualify to become a “*Man of Character*”.

Most conflicts in relationships can be traced back to a violation or deficiency of a character quality or qualities. All true character is personified in the Lord Jesus Christ. Thus, the more we understand true character, the more we understand the true nature of Christ. Our need for character is the reason trials come into our lives. God designs trials and tribulations to produce character in us. Often this is the brightest hope during discouraging circumstances. “*And we know that all things work together for good to them that love God, to them who are the called according to his purpose....to be conformed to the image of his Son....*” (Romans 8:28-29).

What you invest into using this tool, will translate into profit, enthusiasm, strength, or waste, dullness, drudgery.

Some Tips On Getting Adjusted To Life At Fresh Start

Life at FRESH START is surely different than any of us have ever experienced! Following is a list of some helpful hints to help us adjust more smoothly.

GET ACQUAINTED. We adjust more readily if we will get acquainted with all the FRESH START family as quickly as we can. Being a loner may come natural to us, but it only serves to drive us deeper into our problems. We are all at FRESH START for the same purpose: to learn purpose in life with Christ and to learn how to walk that out. In order to do this, we need each other. We share our hopes, fears, and problems, so that we can "*Bear one another's burden, and so fulfill the law of Christ.*" Galatians 6:2

HANG WITH THE "OVER COMERS". We are wise to be very careful whom we choose to be our closest friends. In any rehabilitation center we find two kinds of people. We call them Energy Givers and Energy Takers. Following is a list of some easily recognizable traits of both:

ENERGY GIVERS

- Work the program rather than just attend it.
- Have a positive attitude.
- Go through problems.
- Work hard, yet still have time to love.
- Admit their problems and seek resolutions.
- Rebuke and forgive.
- In the end, give more than they take out of relationships.

ENERGY TAKERS

- Comply to the program.
- Have a negative, judgmental, critical attitude.
- Go around problems, but never get past them.
- Have some excuse, so that they cannot overcome or give to others.
- Deny their problems, and thus become their life-long captive.
- Are too timid to rebuke and too petty to forgive.
- Cling to the illusion that "winning" means taking more than they give.



How To Fill Out Your Daily Moral Inventory

Start your D.M.I. by marking column 1, top to the bottom, with either an X to indicate a negative attitude or a ✓ to identify a positive attitude. The top columns do not necessarily represent calendar days, just the sequence of your inventory. Refer to the D.M.I. Commentary (pg. 2 - 9) if you do not understand any of the attitudes in the list.



Truthfulness

Gaining approval of others without misrepresenting the facts.
Being emotionally honest by allowing myself to enjoy the enjoyable
and grieve over pain, whether my own or another's.
Facing the consequences of a mistake.

Deception

Holding back parts of the truth in order to protect myself.
Purposely sacrificing or enhancing details in order to gain approval of others.
Telling a lie.

*Wherefore putting away lying, speak every man truth with his
neighbor: for we are members one of another. Ephesians 4:25*



Obedience

Freedom to be creative under the protection of divinely-appointed authority.
Knowing the importance of limitations and the meaning of the word "no". Listening to
instructions, asking appropriate questions and carrying them
out without compromise or reluctance.

Willfulness

Going above and beyond what is expected if it will result in benefit to me.
Choosing to disobey rather than make a sacrifice. Partial obedience. Compliance.

*Casting down imaginations, and every high thing that exalteth itself against the knowledge of God,
and bringing into captivity every thought to the obedience of Christ. 2 Corinthians 10:5*



Sincerity

Eagerness to do what is right with transparent motives.
Genuine desire to benefit the lives of others. Upholding the same standards in private as in public, including the way we treat friends or loved ones.

Hypocrisy

Making other people think you are something you are not, or you know something you don't: Excessive talking, big stories, clowning, excessive shyness, religious talk, being closed. Fear that I might act the wrong way, or say the wrong thing, in front of the wrong people.

Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently: 1 Peter 1:22



Forgiveness

Clearing the record of those who have wronged me and allowing God to love them through me. The freedom of spirit that allows me to look for ways to benefit the lives of past offenders. The ability to confront in love without anger.

Bitterness

Lack of freedom in my spirit to joyfully benefit the lives of those who have hurt me in the past. Rehearsing past hurts. Reviewing my mental gallery of offenders and stopping to nurse the wounds. Sensitive to new hurts thus adding to my gallery of pain. Inability to confront others without a spirit of anger.

*For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. Matthew 6:14,15
And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. Ephesians 4:32*



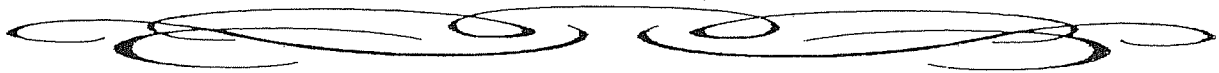
Alertness

Being aware of that which is taking place around me so that I can have the right responses to them. Tuning out distractions in order to focus on priorities. Sensing the potential consequences of seemingly harmless activities or attire. Practicing preventive maintenance with public or personal health and property.

Unawareness

Daydreaming, Fantasizing. Allowing my mind to run free of the *real* world, or reliving the *unchangeable* events of the past. Repeating past mistakes. Not noticing small problems until they have overwhelmed me and become an emergency.

Watch ye and pray, lest ye enter into temptation. The spirit truly is ready, but the flesh is weak.
Mark 14:38



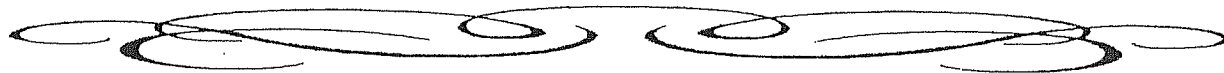
Joyfulness

The spontaneous enthusiasm of my spirit when my soul is in fellowship with the Lord. Lifting the spirits of others by my positive response to the circumstances God brings into my life. Knowing that I am where God wants me to be. Finding ways to solve problems positively. Keeping things bright with uplifting music or conversation.

Self Pity

The Poor Little Old Me syndrome. A form of anger in which sulking, moodiness and silence are outward expressions. Living in the "if only" land. Feeling sorry for myself. Complaining when others let you down. Becoming negative when a situation is not ideal or not going according to plan. Blaming instead of praising.

Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore Psalm 16:11



Self Control

Instant obedience to the initial prompting of God's Spirit.

Having my thoughts, words and actions under the control of the Holy Spirit. Rejecting wrong desires and doing what is right. Regular times of fasting. Rejecting gossip.

Self-indulgence

Living for the present without examining how this will impact the future. Making the soft choices, such as sleeping longer than I know I should or eating more than I know I should.

Answering before I know all the facts. Habits which I know grieve the Holy Spirit because He reminds me of them.

And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit. Galatians 5:24,25



Honor

Speaking positively about those in authority, including local and national government officials and law enforcement. Demonstrating my conviction that God has divinely ordained the people and events in my life to produce the character of Christ in me, by displaying good etiquette, and proper manners, whether at work, at home, or at church.

Disrespect

Treating another person as less than me through my words, actions, attitudes, or silence. Viewing a person or experience as a hindrance to my progress rather than an instrument in God's hand to build Christ's character in me, or as a divine appointment which, by its occurrence, may ultimately result in souls won for Christ.

Let not thine heart envy sinners: but be thou in the fear of the LORD all the day long. For surely there is an end; and thine expectation shall not be cut off. Proverbs 23:17,18



Security

Structuring my life around that which is eternal and cannot be destroyed or taken away.

Arranging my priorities to maintain my commitment to Jesus Christ, His Word, and the relationships He brings into my life. Realizing that my future success depends upon my ability to understand the promptings of the Holy Spirit, and to make practical applications from Scripture to my personal circumstances and relationships.

Anxiety

A self-centered focus on my future unknowns. A yearning for control so that I will not be undone in the future. Feeling like my world will fall apart if something does or does not happen. Unwillingness to be wholly owned by God and allow Him to do whatever He wants to with me, my possessions, my position, or my loved ones. Building my life around making money, gaining a position, or pleasure.

Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed. John 6:27



Discernment

The God-given ability to understand why things happen and what steps of action will be least likely to break down relationships. Discernment always gets all the facts BEFORE making any moves to correct or restore. Discernment is carefully examining ones self and carrying out steps to correct ones own character flaws, realizing that in doing so he will gain a unique advantage in seeing into the problems and wrong tactics that defeat others.

Dealing with others as privately as possible.

Judgment

Thinking about or talking about the faults of others without a motive to restore and without self examination. Forming an opinion and then looking for evidence to confirm my opinion. Publicly exposing those whom I condemn, and bringing judgment on myself for having the same root problems of pride, lack of love, critical spirit, etc.

But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart. 1 Samuel 16:7



Contentment

Realizing God has provided everything that I need for my present happiness. Learning to have fewer things and enjoying them more. Investing quality TIME instead of material extravagance in others in order to win their favor. Learning to control my curiosity. Learning to enjoy times of being alone.

Envy

Demanding to have what others possess (abilities, position, money, etc.) resulting in me feeling self-pity and discouragement. Dissatisfaction with my own family, position, abilities, possessions, etc. and believing that I cannot be happy until I have changed or exchanged them.

But godliness with contentment is great gain. for we brought nothing into this world, and it is certain we can carry nothing out. And having food and raiment let us be therewith content.

1 Timothy 6:6-8



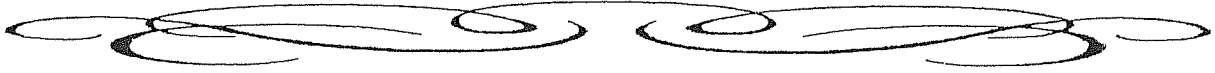
Punctuality

Showing high esteem for other people and their time by doing the right thing at the right time. Planning on arriving at an event BEFORE it starts rather than AS it starts. Handing in assignments or paying bills BEFORE the deadline. Knowing how to graciously excuse myself from conversations which will hinder me from being on time.

Tardiness

Having an attitude that my time is more important than those who are waiting on me. Not knowing how to tactfully end a conversation in order not to offend those waiting on me. Getting to bed too late and forcing others to carry more of a load (or receive less from me) the following day because of my lack of energy. Saying, "Just one more, and then I'll quit." Using the "snooze" button. Needing to be told a second time to do something.

Go to the ant, thou sluggard; consider her ways, and be wise: Which having no guide, overseer, or ruler, provideth her meat in the summer, and gathereth her food in the harvest. How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep? Yet a little sleep, a little slumber, a little folding of the hands to sleep: So shall thy poverty come as one that travelleth, and thy want as an armed man. Proverbs 6:6-11



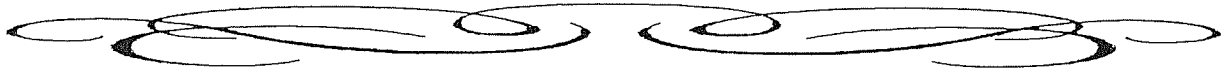
Gratefulness

Learning to recognize and make known to God and others in what ways they have benefited my life. Doing menial tasks so that others are free to do what they need or want to do. Telling the cooks "thank you" for each meal. Ability to express sincere appreciation even for a gift you know you cannot use. Sharing with others how various ones have helped you in the past.

Complaining

Whining because I do not have control over the things I want. Leaving food on my plate or making negative comments about the food. Feeling discouraged or depressed because of overlooking or forgetting the many ways others have benefited my life. Expecting payment or reward for everything I do for someone else.

For who maketh thee to differ from another? and what hast thou that thou didst not receive? now if thou didst receive it, why dost thou glory, as if thou hadst not received it? 1 Corinthians 4:7



Humility

Recognizing that God and others are actually responsible for the achievements in my life. Realizing how deceitful my heart is. Quickly redirecting praise to God and others. Distinguishing between flattery and praise. Welcoming criticism without secretly resenting the one who gives it. Seeing physical defects as God's marks of ownership. Praising others for advice that enabled me to make a good decision.

Pride

Being argumentative or contentious. Not recognizing the sacrifices of money, time, and energy my parents or others have made on my behalf, because I figured it was just their duty and they didn't have a choice. Being more concerned for my reputation than Christ's or others'. Being unwilling to have others help me with a project because I don't want to share the praise.

Only by pride cometh contention: but with the well advised is wisdom. Proverbs 13:10



Meekness

Yielding my personal rights and expectations to God. Having a sadness in my spirit concerning the sin of another. Learning to earn the right to be heard rather than demanding it.
Responding properly to anger when others violate my rights.

Anger

Outward expressions include: Irritability, Cutting off communication, Impatience, Argumentation, Raised voice, Clenched teeth, Glaring eyes, Hurtful words, Explosive actions, Heavy breathing, Pouting. Comes from being inflexible with my time or possessions. Motivates me to withhold rights from others.

My soul, wait thou only upon God; for my expectation is from him. Psalm 62:5



Self Acceptance

Remembering that I am God's wonderful creation and His redeemed child. In Christ I find belonging, worthiness, and competence. Being able to name sincere reasons to be grateful for each of the following: My parents; time in history; racial background; national heritage; gender; birth order, siblings (or lack of them); physical features; mental abilities; age.

Inferiority

Thoughts of worthlessness. Blaming God for the way He made me. A focus on myself and demanding that others make me feel better. Embarrassment over, or wanting to change one or more of my "unchangeables", including my age. Extravagance in clothing, hobbies, etc. or addictive habits are often an indication of inferiority.

And I thank Christ Jesus our Lord, who hath enabled me, for that he counted me faithful, putting me unto the ministry; Who was before a blasphemer, and a persecutor, and injurious: but I obtained mercy, because I did it ignorantly in unbelief. And the grace of our Lord was exceeding abundant with faith and love which is in Christ Jesus. This is a faithful saying, and worthy of all acceptation, that Christ Jesus came into the world to save sinners; of whom I am chief.

1 Timothy 1:12-15



Virtue

Pure, clean tho'ts. Filling my mind with thoughts that are true, honest, healthy, and encouraging. A moral standard that causes others around me to desire a more Godly life. Turning away from jokes, scenes, or conversation that have immoral or violent implications. Refusing to laugh at off color jokes and knowing how to tactfully witness to those who are enjoying something impure or violent.

Impurity

Vulgar, immoral thinking. Allowing the temptation of an immoral thought to stay in my mind and be enjoyed for more than 4 seconds *after* I realize it's there. Others would not feel a sense of spiritual loss if you were to leave. Others do not feel *uncomfortable* telling off color jokes, or admiring violent stories around you. Or you try to reprove others for their impurity or immodesty in conversation, etc. but they resent it because they sense impurity in your own life.

*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.
Isaiah 26:3*



Gentleness

Demonstrating love and concern for the struggles of others.

Treading lightly when another is hurting. Respecting another's need for occasional peace and quiet. Administering direction without impatience or anger. Choosing not to make a joke about another.

Harshness

Using intimidation or manipulation to get others to see my point without regard to their feelings. Refusing to quiet down or turn down loud noises when they are disturbing others. People avoid you when they know they've disappointed you. Friendships are not a priority. Those who are corrected by you walk away discouraged instead of motivated.

But we were gentle among you, even as a nurse cherisheth her children: 1 Thess. 2:7



Accepting Responsibility

Taking the weight of the consequences on my shoulders. Allowing myself to feel guilt. Seeing to it that my conscience is clear no matter what it costs, no matter who else is guilty, or guiltier. Inviting others to share blind spots with me.

Blaming

A defense mechanism that excuses our own wrong behavior by accusing another for being the source of the problem. Avoiding answering specific questions about our character by focusing on someone else's sin. Giving the Devil opportunity to draw us deeper into sin, while we excuse our wrongs as "small" in comparison to the wrongs of others toward us.

And when he came to himself, he said, How many hired servants of my father's have bread enough and to spare, and I perish with hunger! I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee, and am no more worthy to be called thy son: make me as one of thy hired servants. Luke 15:17-19



Flexibility

Yielding my rights to my schedule, ideas and plans. Knowing that these can all be changed by God and others at any time. Allowing authorities and others the freedom to change their mind

Resistance

Reserving for myself the final say before God and others. Closing my spirit to the ideas and insights others share with me. Struggling with being under authority. Having obligations that hinder me from taking the best course of action (including debt).

Set your affection on things above, not on things on the earth. Colossians 3:2



Patience

Ability to wait to fulfill personal goals. Accepting a difficult situation as from God without giving Him a deadline to remove it. Increasing the time you can wait between achievement and reward. Being diligent to do a job well even if the task or the boss is difficult or unpleasant.

Restlessness

Focusing on removing a problem, rather than on seeing God's purpose in allowing it to exist in the first place. Projects are more important than people. Experiencing inward pressure when plans don't work out. Buying things before I have the money to pay for them.

*"...Knowing that tribulation worketh patience; and patience, experience; and experience, hope."
Romans 5:3-4*



Diligence

Investing my time, energy and concentration to complete each task assigned to me. Making a daily schedule. Putting as much effort into other people's projects as I would into my own. Studying Scriptures for accurate insight and interpretation. Rising early.

Slothfulness

Using the "snooze" button on the alarm clock. Becoming easily distracted. Postponing and dreading tasks that require skills that are unnatural to me. Cutting corners on menial tasks or projects that have no immediate reward. Underestimating the seriousness of my work and the use of my time being evaluated by God.

*"And whatsoever ye do, do it heartily, as to the Lord, and not unto men."
Colossians 3:23*

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