

## Unmanageability Inventory

Unmanageability simply means that because I could not stop acting out my life now has consequences.

In completing this inventory, you first look at evident consequences. Evident consequences are the consequences that are blaring in your life right now. List these consequences with the prompt:

Because I could not stop I now \_\_\_\_\_. Examples: Because I could not stop, I have lost my job, am facing possible divorce, I have an untreatable STD, or I have broken all trust in my relationship.

[illegible]

Now we list our hidden consequences. These are the consequences we suffer in silence. Use the same prompt when listing your covert consequences.

Because I could not stop I now \_\_\_\_\_. Example: because I could not stop, I am filled with shame, anxiety, fear, and paranoia. Or perhaps our biggest one, because I could not stop, I have never let anyone truly all the way in, therefore I have never really experienced true intimacy or love.

[illegible]