

Virtue:

P.R.A.Y. Log

Abuse Recovery Ministry & Services

503-846-9284

PO Box 663*Hillsboro, OR 97123

Name: _____ Today's date: _____ Date of event: _____

Event/what happened? _____

Physical warning signs: _____

Behavioral warning signs: _____

Hidden Hurt/s experienced: _____

Was I abusive/controlling or did I practice PRAY?

Continue if abusive/controlling.  *Go to other side if PRAY Process was used.*

Negative self-talk: _____

Abusive or controlling behaviors used: _____

What did I want the other person to do, feel or think? _____

Beliefs that allowed me to be abusive/controlling: _____

How did my abuse/control affect the other person? _____

How did my abuse/control affect other people involved? _____

What did I gain from being abusive/controlling? _____

What did I lose from being abusive/controlling? _____

What Christ-like attitude or belief would have helped me? _____

What positive self-talk would have helped me? _____

What would have been a Christ-like response to this event? _____

Make a "Direct Statement" to express the feelings and desires in this situation:

I feel _____

When _____

I would like _____

And I will _____

I practiced the PRAY Process.

When I began experiencing my hidden hurt and I made the choice to PRAY, my prayer was: _____

When I recognized my hidden hurt, I experienced feelings I remembered from the past of: _____

I applied compassion for myself by thinking (positive self-talk): _____

I applied compassion for the other person by thinking: _____

What Christ-like attitude did I choose to practice? _____

What true value did I recognize as truth? _____

What did I say and/or do in this event? _____

What belief helped me to stay free of abusive/controlling behavior? _____

How did my Christ-like response affect others? _____

How did my Christ-like response affect me? _____