

# Basic Recovery

## Taking Steps Four through Nine using the Assets and Liabilities Checklist

Assumptions:

1. The sponsor and newcomer have 2-3 hours they can spend together.
2. The newcomer has agreed to share his or her inventory with the sponsor.
3. The sponsor asks the questions.
4. The sponsor does the writing.

The inventory contains those situations and circumstances that are bothering the newcomer at this moment. If he or she has made previous inventories, items from those lists should have been resolved by taking them through Step Nine. As a result, they are not carried over to subsequent lists.

The inventory is based on the principle that, 'The healing is in the sharing, not in the writing' and the suggestion that, 'The newcomer put nothing in writing that can be used against him or her in a court of law.'

First, the sponsor folds the checklist so the assets are hidden from view.

Next, the sponsor reads the definitions of the liabilities so the newcomer is clear as to what each of them means.

Then, the sponsor asks the following questions:

Resentment Inventory -----Who or what are you angry at?

Fear Inventory -----Who or what are you afraid of?

Harms Inventory-----Toward whom have you been selfish?  
Where have you been dishonest?  
What about false pride—do you feel better than or less than others?  
Are you jealous of any relationship?  
Do you envy anyone's possessions?  
Where have you been lazy?

The sponsor writes the names of the people, institutions and principles across the top of the page and puts a mark, such as a dot or an x, in the appropriate

boxes under the names (Step Four). Usually the newcomer has to describe only a few incidents in order to get to "causes and conditions."

After the checklist has been compiled, the sponsor asks the newcomer to describe the circumstances surrounding each of the marks on the page. During the course of the discussion, the sponsor asks the newcomer to "resolutely look for (y)our own mistakes. . . . Though a situation had not been entirely (y)our fault, (you are) to disregard the other person entirely. Where were (you) to blame?" (Step Five).

If the newcomer has been harmed, the sponsor asks if he or she is willing to forgive the person. If the newcomer has harmed anyone, the sponsor asks if he or she is willing to make amends. If they both agree to an amends, the sponsor alters the mark in the appropriate box or boxes, by converting a dot to a checkmark or by circling an x. This becomes the Eight Step amends list.

Then, the sponsor unfolds the checklist so they can look at the assets. Those assets with the least number of checkmarks or circles to the left of them are the assets the newcomer already has. Those assets with the most number of checkmarks or circles to the left of them are the assets that will be strengthened as the result of making the appropriate amends.

The sponsor asks the newcomer if he or she wants the liabilities removed. If the newcomer does, then the sponsor asks the Sixth Step question. "Are you now ready to let God remove from you all the things which you have admitted are objectionable?" If the newcomer is still holding on to any of the liabilities, the sponsor and newcomer pray together for the willingness for those liabilities to be removed.

Next, the sponsor and newcomer say the Seventh Step prayer together.

**"My Creator I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."**

Then the sponsor and newcomer talk about the details of each amends. The sponsor commits to "being there" for the newcomer as he or she makes the first few of them. They decide when and where they will meet immediately following an amends so they can discuss what happened and determine if any follow-up work needs to be done (Ninth Step).

So, on one sheet of paper the sponsor has everything he or she needs to take the newcomer through Steps Four through Nine.