

**Step 5 Written Inventory:** The written step 5 inventory is very similar to the assets and liabilities step 4 inventory of the B2B:

As you can see below, by admitting the exact nature of our wrongs, it means that we are listing and identifying our character defects and who was affected by our defects. We ask ourselves: “how have my character defects manifested and controlled my actions and reactions in life?”

This is exactly what we did in the B2B for step 4 and step 5. A careful reading of step 5 in the AA BB mirrors how we did the fourth and fifth steps in the B2B. It does not reflect a 4<sup>th</sup> step inventory using the 5 columns that is on page 65 in the AA BB.

### **Admitting the exact nature of my wrongs:**

Going over the listing, we ask ourselves:

Am I identifying *the exact nature* of my wrongs, that is, what is behind my alcoholism and the reasons I acted out in the ways I did?

Have we honestly admitted our defects to ourselves and how they have manifested in our lives and created the unmanageability we have known?

Am I listing all those behaviors and parts of myself that I had vowed would *never see the light of day?* (73: 2)

### **Are we now willing to share them with another and with God?**

Are we willing to go to any length to get rid of these same defects that caused our life to be unmanageable?

What character defects have become revealed through your inventory?  
Are you willing to have them removed?

As you share your inventory, there should be 3 lists, written by either the sponsor or the sponsee of:

1. The first will be a list of your **defects of character**. If you like, use the list on the next page by checking off the character defects that apply to you. This list will guide steps 6 and 7.
2. You should also have a preliminary list of **persons you have harmed** for step 8 (This will be a combination of the sexual injury [4d] and persons you have harmed lists [4e] from step 4.). **Amends/Restitution**
3. Retrieve a list of the names of the **persons you still resent**. You will probably find it necessary to **forgive** them in order for the resentment to be removed.

## My Moral Inventory Checklist

Self-will (Column 4) (NO POWER)	God's will (Column 5) Steps 8 & 9(POWER!)
My liabilities, blocks, character defects...	The assets I need to strive for...
False Pride Arrogance Self-loathing	Humility
Jealousy, Distrust, Suspicion	Trust
Envy	Contentment
Selfishness	Unselfishness
Self-seeking	Helpful to others
Dishonesty Stealing Lying	Honesty, Integrity, Restitution
Intolerance, Inconsideration	Tolerance, Acceptance, Tact
Greed	Generosity
Fear of...	Love
Lust, Infidelity	Intimacy, Chaste, Faithfulness
Irresponsible, Blaming Others	Responsible, Accountable
Hate, Anger, Resentment	Forgiveness
Sloth, Laziness, Procrastination	Activity, Zeal, Promptness
Impatience	Patience

### With respect to all harms:

1. List of people I have harmed that I compiled in Step 4.
2. I list what I did.
3. I list and discuss with my sponsor what an amends might look like.  
I do not yet concern myself with whether or not I should, or will be able to, actually make the amends.)

**All persons harmed.**

**What I did.**

**What amends might be.**

Based on the information above:

We list our resentments: We forgive in order to remove resentment.

We list our defects: strive to turn them into assets.

Share our fears: strive to become faithful: how would God have me be?

Harms: Amends

### Exactly like the B2B!

<http://www.aatheoriginalway.com/online-bible>

[The AA The Original Way - 4th Step Inventory](http://www.aatheoriginalway.com/online-bible)

[http://www.stepsbybigbook.net/show\\_docs.php?Type\\_ID=4](http://www.stepsbybigbook.net/show_docs.php?Type_ID=4)

<http://www.bigbooksponsorship.org>,

[www.spiritualsteps.com](http://www.spiritualsteps.com)

<http://www.sober.org/>