

# 12 Steps in 4 Hours: Instructions for doing the Assets and Liabilities Inventory Steps 4-9

Firstly, in this format, the healing comes with the sharing, not the writing. Any writing can be done by the sponsor, the sponsee but, it is not necessary. Also, nothing should be written which have legal ramifications. Anything illegal, etc., should be shared with someone who is bound by the rules of confidentiality. The sponsor asks the questions:

1. List the people, institutions or principles that you are resentful towards.
2. List your fears, which may or may not be connected to the resentments.
3. Harms: where have you been selfish, self-seeking, dishonest, jealous, envious, bitter, inconsiderate, false pride, greedy, irresponsible, lazy?
4. Briefly describe the circumstances. Do the turnaround/realization/.
5. Where am I at fault? Where am I to blame? What are my mistakes?
6. What should I have done instead?
7. If harmed: are you willing to forgive? If not, are you willing to ask God to help you be willing?
8. If you harmed, are you willing to make amends?
9. Are you willing to have these defects removed?
10. Pray the 7<sup>th</sup> step prayer.
11. Discuss the amends. Commit to doing them as appropriate. What should I have done instead? What do I need to do to straighten out the past? What behaviors will convince them more than my words?
12. Step 10: process and explanation. Continue to take personal inventory and set right any new mistakes. Our next function is to grow in understanding and effectiveness. Continue to watch for selfishness, dishonest, resentment and fear. When these crop up, we ask god at once to remove them. We discuss them with someone immediately and make amends. Then we resolutely turn our thoughts to someone we can help. Love and tolerance is our code.
13. Step 11: process and explanation. Suggests prayer (talking to God) and meditation (listening to God). Are you willing?
14. Step 12: be of service and carry the message. Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other addicts.
15. Daily: say first, second and third steps. Say the third and seventh step prayer. Practice steps ten, eleven and twelve.

## **Explanation of terms:**

Who or what are you angry at? What have my demands or expectations been? What is the truth of the situation? What should my attitude have been? What actions can I take to transform my resentments towards forgiveness?

Who or what are you afraid of? What am I not trusting? How could I trust God?

Who or what have you harmed?

Where have you been selfish? What did I do, that favored me over others? What should I have done instead?

Where have you been dishonest?

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? What tasks have been left undone? Or need to be started, continued or completed? How am I going to prioritize? What will I do differently tomorrow? How can I use my time more constructively? How can I respond practically to anticipate trying situations or people?

Did I forget the rights of others in my own personal self-gratification?

Where are you to blame? Did a decision based on self later place you in a position to be hurt? What should you have done instead?

Are you prepared to forgive those towards who you feel resentment? What am I forgiving them for? Do I need to take some actions?

If not, are you willing with God's help to pray for the willingness to forgive? (Say Step 6 & 7. Say 7<sup>th</sup> step prayer.) If I am unable to change the present state of affairs, am I willing to take the measures necessary to shape my life to conditions as they are?

Are you ready to overcome your fear with faith?

Are you willing to do God's will? Here we begin to see where thoughts of self which caused us to harm others. Every single one of our character defects stem from this habitual thought of self. It is nothing but thoughts. The problem centers in our minds. Our thinking. Our problem is self—selfishness and self-centeredness. The solution is forgiveness and reliance on God in step 4. In step 10 we practice gaining control over our own thought life through the diligent observation and turning of our thoughts to god

and outwards to others. Are we willing to turn our thoughts over to the task at hand or to higher principles of love, service, patience tolerance, etc. What corrective measures can I make to align my will with God's will?

Harms: What are you willing to do to set these matters straight? List the types of amends. Direct, living, in-kind and letters.

Amends: to whom do I owe an amends? What did my conduct arouse? How did I affect them? Is it possible and/or appropriate to contact this person? What action will I take? When will I complete the action?

Conclude the session with prayer.

Be of service. God got us well so that we can be constructive and useful and fit ourselves to be of maximum service to others.