

Inventory: Assets and Liabilities

List names of your resentments, harms and fears. List the name of a person, relationship, event or situation from your past or is a big concern for you now.

List resentment Fears Harms *did a decision based on self later place you in a position to be hurt?	Names														Detailed instructions are on the AA Original Way – 12 step Guide.
Shortcomings															Assets to pray for
Resentment															Forgiveness
Self-seeking															Purity/other centered
Selfishness															Selflessness
Dishonesty															Honesty
Fear															Faith/love
Inconsideration															Kindness
Jealousy (people)															Gratitude
Suspicion															Trust
Bitterness															Acceptance/compassion
Envy (things)															Contentment
laziness															Action
Greed															Generosity
Irresponsible															Responsible
Lust/vulgar															Intimacy/considerate
Self-will															Surrender
False Pride															Humility
Vanity/conceit/ Financially selfish?															Modesty
Amends?															Restitution
															If more than 1 or 2 harms an amend is likely due

Instructions:

This is derived from AA the Original Way, the AA 12&12 and the AA Big Book, <http://www.bigbooksponsorship.org>, Back to Basics: The Alcoholics Anonymous Beginners' Meetings (1997) by Wally P.

Inventory: Assets and Liabilities

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:

Resentments: List the people, institutions or principles towards whom you feel resentful. Who or what are you angry at?

Cause: Why are you angry? What have your demands or expectations been?

Did a decision based on Self later place you in a position to be hurt by this person?

On our grudge list we set opposite each name our injuries. *Was it our self-esteem, our security, our ambitions, our personal, or sex relations which had been interfered with?*

Disregarding the other person entirely, where were you at fault?

How did you treat that person or institution?

Have you ever done to others what they did to you?

What do you do to keep the resentment alive?

Fears: List your fears, which may or may not be connected to the resentments.

Why do you have this fear?

What do you fear you will not receive?

What are you afraid will or will not happen?

What do you fear they will do?

Isn't it because self- reliance fails you?

Harms: list all of the names of people you have harmed, including financial and sex harms.

Briefly describe the circumstances. How did you treat that person or institution?

Inventory: Assets and Liabilities

For every person on your resentment, fear or harm list: Did your xxxxxx harm this person? Where have you been selfish, self-seeking, dishonest, jealous, envious, bitter, inconsiderate, false pride, greedy, irresponsible, lazy?

For example: Where have you been selfish? What did you do, that favored yourself over others? What should you 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 you forget the rights of others in your own personal self-gratification?

Was this behavior selfish or not?

Do the turnaround/realization: Have you ever done to others what they did to you?

Where are you at fault? Where are you to blame? What are your mistakes? 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 are you forgiving them for? Do you 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 7th step prayer.)

If you are unable to change the present state of affairs, are you willing to take the measures necessary to shape your life to conditions as they are?

Are you ready to overcome your fear with faith?

If harmed: are you willing to forgive? If not, are you willing to ask God to help you be willing?

Inventory: Assets and Liabilities

If you harmed, are you willing to make amends? What are you willing to do to set these matters straight? List the types of amends. Direct, living, in-kind and letters. What actions will you take? When will you complete the action?

Are you willing to have these defects removed?

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?

Pray the 7th step prayer.

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?

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.

Step 11: process and explanation. Suggests prayer (talking to God) and meditation (listening to God). Are you willing?

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.

Daily: say first, second and third steps. Say the third and seventh step prayer. Practice steps ten, eleven and twelve.

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.