

does the writing, and the person or persons with whom we share our checklist. Now we are going to provide you with an example to illustrate the inventory process.

We have a one-page checklist for you to use. It has the liabilities on the left side and the assets on the right side of the sheet, which is the same format used in the June 1946 issue of *The A.A. Grapevine*. All we have done is remove some of the vertical lines, so the sponsor or sharing partner can list, to the right of the appropriate liabilities, the people, institutions and principles the newcomer needs to talk about.

The first thing the sponsor or sharing partner does is fold the checklist so the assets are hidden from view. Then, he or she asks the newcomer about his or her resentments, by saying, "Who or what are you angry at?" As the newcomer talks about his or her "**grudge list**," the sponsor or sharing partner puts the names of the people, institutions and principles to the right of the word, **RESENTMENT**.

Keep in mind that it is not necessary to list every resentment the newcomer has ever had in order for the inventory to be thorough. The objective is to get "**to causes and conditions**" and "**get rid of them promptly and without regret.**" Sometimes it takes only a few incidents to make clear that **RESENTMENT** has been blocking the newcomer from an intimate, two-way relationship with the "**One who has all power.**" Besides, it is more productive to take a few resentments through the entire inventory and restitution process than to list so many resentments that the newcomer becomes overwhelmed and gives up on the process.