

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**?" As each incident comes up, the sponsor or sharing partner adds the name to the right of the specific liability that applies, and, if an amends is agreed upon, he or she circles the appropriate name.

After completing the liabilities side of the checklist, the sponsor or sharing partner unfolds the sheet so that together they can look at the assets side of the ledger. The assets opposite the liabilities with the **LEAST** names are the positive characteristics that the newcomer already has. Those assets opposite the liabilities with the **MOST** names are the qualities that will be strengthened as the newcomer makes the necessary amends.

In our example, the sponsor or sharing partner and the newcomer have put together a list with only a few names to the right of **FALSE PRIDE**, **JEALOUSY**, and **ENVY** and numerous names to the right of **RESENTMENT**, **FEAR**, **SELFISHNESS**, **DISHONESTY** and **LAZINESS**.

The sponsor or sharing partner summarizes the session by saying, "This inventory shows that, for the most part, you are a humble, trusting, and contented person. In addition, you will become more forgiving, loving, unselfish, honest and industrious as you make amends for your resentments, fears, selfishness, dishonesty and laziness."

We look at assets as well as liabilities because many of us have lost much of our self-esteem and self-worth as the result