

Fourth Step Inventory

Liabilities
Watch for—

Assets and Liabilities Checklist from the "Big Book"
pg. 64:1(1-7); pg. 64:3(1-9); pg. 68:1(1-3); pg. 69:1(1-6); edited)

Assets
Strive for—

Resentment	<i>Ex</i>	<i>Myself</i>	<i>Count</i>	<i>God</i>	Forgiveness
Fear	<i>Count</i>	<i>Relapse</i>	<i>Health</i>		Faith
Selfishness	<i>Ex</i>	<i>Employer</i>	<i>Friend #1</i>		Unselfishness
Dishonesty	<i>Ex</i>	<i>Myself</i>	<i>Employer</i>	<i>Friend #2</i>	Honesty
False Pride	<i>God</i>	<i>Employer</i>			Humility
Jealousy	<i>Family Member</i>				Trust
Envy					Contentment
Laziness	<i>Ex</i>	<i>Employer</i>	<i>Myself</i>		Action
<i>Shame</i>	<i>Friend #2</i>				<i>Self-respect</i>

Example of Assets and Liabilities Checklist with Eight Step Amends List

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