Family First.
Only do the most Important (few for each Defect)
when done with person: Do I owe amends?
Don't leave out sex!
what part did I play?
Don't need more than 2 pages.
Committ to time place.
Set aside at least 3 hours.
Help partner if they want 5th steps someone else

What was my part?

Fourth Step Inventory

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)

Liabilities Watch for—	Mom (face-to-face)	Dad (letter)	Sister #1 (face-to-face)	Sister #2 (WO)	Brother (pay back talk)	Child #1 (ask God)	Child #2 (Be less controlling)	God (Do his will)	Me (forgive)	Boss #1 (pay back)	Race (Donate $)	Internet (stop)	Politics (pray)	Company (stop controlling)	Country (volunteer)	(pay back)	Assets Strive for—
Resentment	•	•	•		•			•	•	•	•	•	•				Forgiveness (Purity)
Fear	•		•	•	•	•	•	•	•	•	•		•			•	Faith (Love)
Selfishness	•	•	•					•	•						•		Unselfishness
Dishonesty	•		•	•	•		•	•	•			•					Honesty
False Pride		•	•	•		•										•	Humility
Jealousy	•	•	•		•		•	•	•	•					•		Trust
Envy		•	•				•	•		•	•		•	•			Contentment
Laziness	•		•		•	•			•								Action
Sex (issues)		•		•	•				•		•		•				New Plan
Shame/Guilt	•	•				•		•	•				•				Right Sized
Harmed					•	•		•				•					Helped
financial	•	2,000			1,000					100						TAX 50,000	Paid Back/Donate

Blank Assets and Liabilities Checklist

• Events or situations where the newcomer and sharing partner agree that some action other than amends, such as forgiveness or faith, is needed.

✓ Events or situations where the newcomer and sharing partner agree that an amends needs to be made.

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