

4th Step Inventory: OUR ASSETS Worksheet

This section is not clearly detailed in AA literature except for the following quote found in the 12&12 on page 46:

"the newcomer has some 'assets' which can be noted along with his liabilities. This tends to clear away morbidity and encourage balance. As soon as he begins to be more objective, the newcomer can fearlessly, rather than fearfully, look at his own defects."

ASSIGNMENT: Make a list of the 'good'¹ things we have done.
(whether they be material or emotional aspects of our life).