

## Step 7 Assets and Liabilities Chart

**MY THINKING:** I act from these attitudes and principles. This is how I show up in the world.

Keep track DAILY. What would God (my Higher Power) have me *be*? Progress, *not* perfection.

Watch out for these

Do *not* judge.

Strive for these

### LIABILITIES

### ASSETS

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Self-Pity																																	Caring for Others
Self-Righteousness/Justification																																	Humility
Self-Condernation																																	Self-Valuation
Rationalization (fear)																																	Accepting Responsibility
Dishonesty (fear)																																	Honest/Straightforward
Impatience																																	Patience
Anger (fear)																																	Acceptance
Sarcasm/Evasiveness (fear)																																	Candor, Openness
Complaining/Criticizing (fear)																																	Acceptance
Isolation (fear)																																	Participation
Jealousy (fear)																																	Trust
Resentment																																	Forgiveness
False Pride/Conceit																																	Authenticity
Intolerance																																	Acceptance
Envy																																	Generosity
Self-Reliance																																	God/Higher Power-Reliance
Procrastination (fear)																																	Timeliness
Fear																																	Faithfulness
Negative Thinking																																	Positive Thinking
Vulgar Thinking																																	Civilized Thinking

Adapted from an A.A. Grapevine article (Volume 3, Issue 1, June 1946) describing an assets and liabilities checklist, similar to one Dr. Bob and many of the early AA's used to take newcomers through the 12 steps.