

**Honesty  
Purity  
Unselfish  
Love**

**"God's Will"**

Honesty .....  
Purity .....  
Unselfishness .....  
Love .....

**"Self Will"**

Dishonesty  
Resentment  
Selfishness  
Fear

**Surrender  
Sharing  
Amends  
Guidance**

**SET-ASIDE PRAYER**

"God, Please help me set aside everything I think I know about myself, the Twelve Steps, the Big Book, the meetings, my disease, and you God, so I may have an open mind an a new experience with all these things. Please let me see the truth."

Sobriety - freedom from alcohol - through the teaching and practice of the Twelve Steps, is the sole purpose of an AA group.

Bill Wilson,  
AA cofounder,  
1958 AA Grapevine

**3<sup>rd</sup> STEP PRAYER**

"God, I offer myself to Thee-to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy way of life. May I do Thy will always!"

SELF-WILL Selfishness (p60-62)    GOD'S WILL Unselfishness (p63)

Sample Questions  
"Mother"

1. Am I ANGRY toward my Mother ?

2. Did I avoid things that She asked me to do ?

3. Have I been DISHONEST with Her ?

4. Am I AFRAID of Her ?

5. Have I been INCONSIDERATE ?

6. Do I feel better than or less than ?

7. Did I unjustifiably Arouse Bitterness, Suspicion, Jealousy ?

8. Do I have ENVY against my Mother ?

List People, Institutions or Principles

SELF - WILL LIABILITIES

Mother

Fold paper to hide ASSETS when you inventory your LIABILITIES

GOD'S - WILL ASSETS

Resentment	●						Purity - Forgiveness
Selfish							Unselfish
Dishonest	●						Honest
Fear							Love - Faith
Inconsiderate	●						Considerate
False Pride							Humility
Envy							Contentment
Laziness	●						Action
Did I unjustifiably Arouse / Cause							
Bitterness							Amends
Suspicion	●						Amends
Jealousy							Trust

3<sup>rd</sup> Step Decision: We turn our thinking over by checking what we think, say and do with this simple test. Was it selfish or not?

### INVENTORY DEFINITIONS - ASSETS

**FORGIVENESS** - is when we no longer feel resentment and let go of our anger from past personal offender. Forgiveness is pure. It is "right-thinking".

**UNSELFISHNESS** - is being charitable, giving, and generous and generally caring about others.

**HONESTY** - is when we don't lie, cheat or steal. We are truthful and fair, and don't try to deceive others or ourselves.

**FAITH / LOVE** - Faith is complete trust, confidence and reliance upon the value of someone or something (a Power greater than ourselves).

It is an unquestionable belief and certainty that our Higher Power will always meet our needs. Love is the strongest word for liking or having affection for someone or something. (Higher Power) It implies passion and devotion. We strive to love all mankind. When we are faithful we are acting loving. When our actions are loving we are living in God's will.

**CONSIDERATE** - is being kind, thoughtful and polite. It is caring honesty for the welfare of others and their feelings.

**HUMILITY** - is when we have a true sense of ourselves-knowing that we are not better than or less than others. It includes modesty-not being boastful or "showing off", accepting compliments with grace, and feeling good about oneself and ones accomplishments. We have and show awareness of our own assets and liabilities.

**AMENDS** - are made when one corrects, improves or rectifies behaviors and actions. It is also when compensation is made for insult or injury.

### INVENTORY DEFINITIONS - LIABILITIES

**RESENTMENT** - "Re" means "again" and "sentire" means to "feel". It is experienced when we re-feel anger over a deep sense of personal injury from something from our past whether real or imagined. Resenting someone is wrong thinking. (Resentment is always about the past.)

**SELFISH** - Caring only for our own needs or desires while neglecting the well being of others. (Don't confuse selfishness with self-care.)

**DISHONEST** - When we are untrustworthy, steal, cheat, or lie, including with holding the truth "except when to do so would injure" someone. Others form of dishonesty are embellishment, exaturation, and making up excuses. Most importantly, not being genuine or real, and not being "yourself" is also dishonest.

**FEAR** - Being afraid that we will lose something or not get something we think we need to be content. It is anxious anticipation of future danger or pain. (Fear is always about the future.)

**INCONSIDERATE** - Not caring about the welfare or feelings of others. It is thoughtless, careless behavior that includes insensitivity, rudeness, being lazy, not following through with an assigned task or promise, and not being accountable.

**FALSE PRIDE** - Deceptive or false sense of one's self. It is either feeling better than or less than someone else. Feelings of superiority include: egoism- being conceited and boastful; sarcasm- insulting or mocking people; gossip- putting people down so we look or feel better; and having prejudices against races, religions, cultures, etc. Feelings of inferiority include: self-pity- feeling sorry for ourselves; being self conscience-embarrassed or overly concerned about how others perceive us; and having low self-esteem- lacking self respect or self worth.

Did I unjustifiably arousing these emotions in others?

**JEALOUSY** - fearing unfaithfulness.

**SUSPICIOUS** - is mistrust or doubt.

**BITTERNESS** - A severe, painful feeling toward an experience or individual. It is characterized by a harsh and cruel intensity.

**ENVY** - A feeling of discontent and resentment aroused by and in conjunction with desire for the possessions or qualities of another.

**LAZINESS** - lacking the will or the desire to work. Procrastination, which is postponing or delaying an assigned job or task, is a form of laziness.