



## INSTRUCTIONS for filling out the Moral Inventory Checklist

### RESENTMENTS

1. List on the vertical boxes the names of people, institutions, etc...that you are resentful of. Whom you are “pissed off” at!
2. Under each name, check off any liability that you possess in relation to that person, institution, etc..., if you possess the liability only sometimes, check it off if it is close to 50% of the time
3. The liabilities that have LOTS of checks are liabilities that you regularly practice. In contrast, the liabilities that have “few” checks are the areas in which you practice the ASSETT (on the opposite side) instead of that liability.

### FEARS

1. List a fear that you have
2. Ask yourself what happens if that comes true – and then write that down
3. Ask yourself what happens if that comes true – and then write that down,
4. continue this until you get to the “CORE” fear that you have – usually it is something like I am alone, I die, I'm worthless etc...
5. List another fear that you have and repeat steps 2-4 until you get to that CORE fear
6. Continue on until you feel you have pretty much covered all of your fears
7. What you will find is that you actually have only a few CORE fears
8. Ask GOD to remove this fear and ask for his protection and care. TRUST that God will provide you with this.

i.e. Daughter getting hurt – she's in pain – I can't comfort her – she'll feel alone – She won't need or want me – I'll be alone – I'm worthless

### RELATIONSHIPS/SEX

1. List on the Right Hand side of the checklist in the vertical boxes the names of people with whom who have been in an intimate or romantic relationship.
2. Under each name, check off any liability that you possess in relation to that person, institution, etc..., if you possess the liability only sometimes, check it off if it is close to 50% of the time
3. The liabilities that have LOTS of checks are liabilities that you regularly practice. In contrast, the liabilities that have “few” checks are the areas in which you practice the ASSETT (on the opposite side) instead of that liability.

### WHOM HAVE I HURT

1. List anything you have stolen (and who from)
2. List anyone you have hurt (that is not on your moral inventory already) and how you hurt them
3. List any “deep dark secret” that you thought you would take to the grave (you may only be able to verbally share this in your 5<sup>th</sup> step as many people fear writing these things down)

RELATIONSHIP IDEAL – List all the attributes, qualities, things you would like in a (or your) relationship. Ask God to help YOU grow towards these things.