**B2B SIXTH STEP PREP**

**Liabilities to Assets**

**Fear Inventory**

Let's look at the assets that serve as antidotes to our shortcomings (i.e., our liabilities). By using these assets, we open ourselves up to the “*sunlight of the Spirit*.” In the Fourth Step Inventory Short Form, we listed our liabilities. Here, we will list the antidotes to our liabilities—**Our Assets**.

* The antidotes to **Self-pity** are **Self-compassion** and **Working with Others**. **Self-compassion** is the ability to sit with pain and difficulty while staying gentle with ourselves. It calls for tenderness and self-nurture. **Working with Others** draws us out of self-pity and shifts our focus toward the well-being of others.
* The antidote to **Resentment** is **Forgiveness**: It is a conscious decision to let go of deeply held negative feelings emotions and bitterness toward someone who wronged or harmed us or others.
* The antidote to **Fear** is **Faith**: A transformative power of trusting belief that transcends current circumstances and anchors us in possibility. Faith is the courageous act of 'acting as if' - deliberately choosing to focus on what you desire rather than what you dread."
* The antidote to **Selfishness** is **Consideration** and **Compassion**: Consideration is the mindful awareness and thoughtfulness toward another person's needs and feelings, leading to respectful and caring actions. Compassion is a deep emotional response to the suffering of others, characterized by empathy and a desire to alleviate their pain through supportive actions.
* The antidote to **Self-centeredness** is **Faith-centeredness** or **God-centeredness**: This is where we stop playing God, let go of our need for control, and accept things as they are and as they unfold—surrendering to God's will for us and others. This surrender does not imply passivity; rather, it signifies an active choice to align one's intentions with a greater purpose.
* The antidote to **Dishonesty** is **Honesty**: To live honestly is to interact truthfully, ethically, and in a straightforward manner (without ambiguity or evasiveness). We speak and act with integrity, which means our inner truth aligns with our outer life.
* The antidote to **False Pride** is **Humility**. It is the ability to see ourselves and others in a realistic, non-hierarchical way—feeling neither superior nor inferior while recognizing the innate gifts, imperfections, and worthiness of others as well as our own.
* The antidote for **Jealousy** is **Gratitude.** Gratitude softens our hearts whereas jealousy hardens it. Jealousy leads to anger, bitterness, and despair; gratitude opens pathways to forgiveness.
* The antidote for **Mistrust** is **Vulnerability.** Being vulnerable means letting down your guard and being open with others. This openness counters the closed-off nature of mistrust.
* The antidote for **Envy** is **Contentment**: It is the state of acceptance and satisfaction with what we have and who we are without longing or craving for more. Living contentedly brings a sense of ease, gladness, and peace with the way things are.
* The antidote for **Procrastination** is **Action**: This is the willingness to address a problem or difficulty by carrying out a series of tasks, over time, to achieve a desired change or outcome.Taking even small steps can create momentum and transform intentions into tangible results.

| In your Fear Inventory where this liability played out | **Liabilities in play that don’t serve us or others** | **Assets that are antidotes to these liabilities *(from the above list)*** |
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| **Example**: People don’t like me, and I will be an outcast. | Self-pity—why are they always criticizing me?Jealousy—Max always gets the attention, and everyone listens to him and not me.Fear of something I don’t want. I don’t want to be rejected.Selfishness—I need them to understand and listen to me!False Pride—They think they are so much better than me! Maybe they are.Mistrust—I have to pretend to be all together if they see who I am, they will reject me. | **Self-compassion—** time to be gentle on yourself, you can’t know what everyone is thinking.**Working *with* Others,** I should talk to Mary more; people don’t acknowledge her very much.**Jealousy—**I am grateful for Max’s service and perspective. He has contributed to my recovery.**Faith** — I will act as if people do like me. I will act as if I belong. I trust that I have something important to contribute.**Consideration**: Let me examine myself to see if I am caring and listening to others, or do I just want them to hear me.**Humility**: I am looking at people as if they are either better than me or less than me. We are equal. **Vulnerability**: I can be more authentic with the group and share my true self rather than trying to be a know-it-all. |
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