

# MAA



## ASSETS AND LIABILITIES CHECK ~ LIST

### LIABILITIES

**Resentment** (the consequence of being angry or bitter toward someone for an extended period of time)

**Fear** (the fear of losing something you have or not getting what you want)

**Selfishness/Self-centeredness** (the concern only for ourselves and our own welfare or pleasure without regard for others)

**Dishonesty** (involves theft or deceptions, cheating, lying or withholding the truth)

**False Pride** (feelings of being better than [grandiosity, superiority, know it all] or less than [shame, unworthiness, low self-esteem])

**Mistrust** (jealousy that has to do with suspicion, and distrusting other's motives and doubting the faithfulness of a friend)

**Envy** (the desire to have a quality, possession, or other desirable attribute belonging to someone else)

**Procrastination** (a kind of laziness to work or avoidance to follow through with right actions)

### ASSETS

**The antidote to Resentment is Forgiveness.**

Forgiveness is a conscious decision to let go of deeply held negative feelings or to stop being angry with someone who has done something wrong.

**The antidote to Fear is Faith.** Faith is the complete trust or confidence in someone or something.

**The antidote to Selfishness/Self-centeredness is Consideration.** Consideration is being conscientious of another person's well-being and showing kindness, thoughtfulness, and sensitivity toward them.

**The antidote to Dishonesty is Honesty.** Honesty is being truthful, straightforward, and ethical.

**The antidote to False Pride is Humility.** Humility is the ability to see yourself and others in a realistic and non-hierarchical way; to feel neither superior nor inferior.

**The antidote for Mistrust is Trust.** Trust is the firm belief in the reliability, truth, ability, or strength of someone or something.

**The antidote for Envy is Contentment.** Contentment is the state of being satisfied and pleased with what you have; feeling at ease with the way things are.

**The antidote for Procrastination is Action.** Action is the process of carrying out a task especially when dealing with a problem or difficulty.