**B2B SIXTH STEP PREP**

**Liabilities to Assets**

**Sex, Relationships, and Fantasy 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.

| Individual you have had a relationship with, sexual, fantasy or otherwise | **Liabilities in play that don’t serve you or others** | **Assets that are antidotes to these liabilities *(from the above list)*** |
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| **Example**: Woman I met while traving in Spain. | Selfishness—I was lonely and used her for a place to stay that night and sex.  Dishonesty—I told her I was attracted to her, but I wasn’t.  Fear—I was afraid of being alone and running out of money.  Self-centered—I felt I had to manipulate her to get what I wanted. | **Consideration** and **Compassion**—In relationships going forward, I can consider the other person’s feelings and have empathy for their situation and respect for their needs.  **Honesty**—I can be real with women and not manipulate them to get what I want. I could have told her the truth and she may have let me stay.  **Faith** — I could have just asked for her help without making it about sex. I could have trusted her to be generous.  **Faith-centered —** I could have trusted that my HP had me and that I didn’t have to control anyone to get what I wanted or to feel safe. Going forward, I can see that if I am trying to manipulate another person, it is because I want to be in control, and I don’t have faith that HP has me. |
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