

A daily moral inventory

From an old 1940s pamphlet
Title unknown

Plus some humour

Made available by

Midweek Recovery Group AA Newbury

A valuable aid in our step 10 inventory taking...

DAILY MORAL INVENTORY

Liabilities

Watch for

Self pity
Self justification
Self importance
Self Condemnation
Dishonesty
Impatience
Hate
Resentment
False pride
Jealousy
Envy
Laziness
Procrastination
Insincerity
Negative thinking
Vulgar, immoral
Fear
Trashy thinking
Criticizing

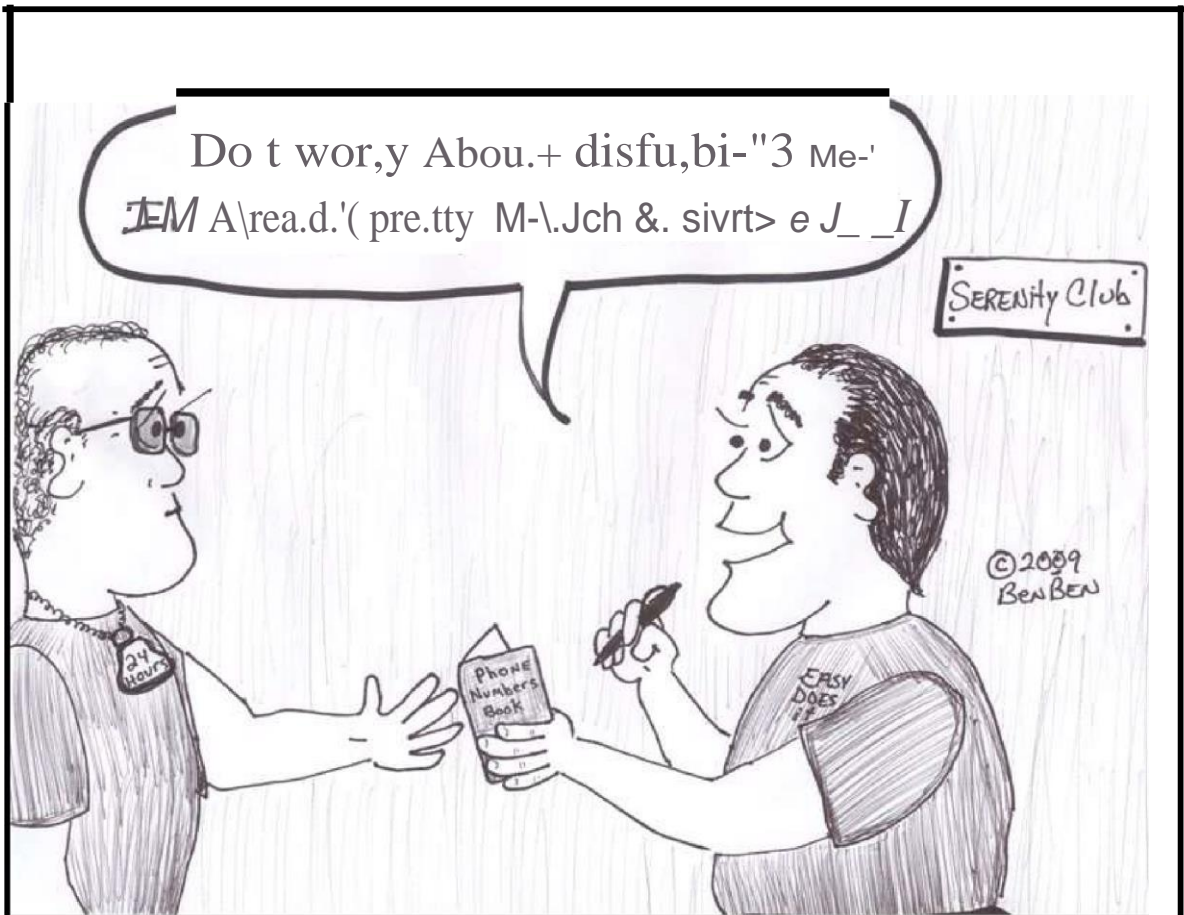
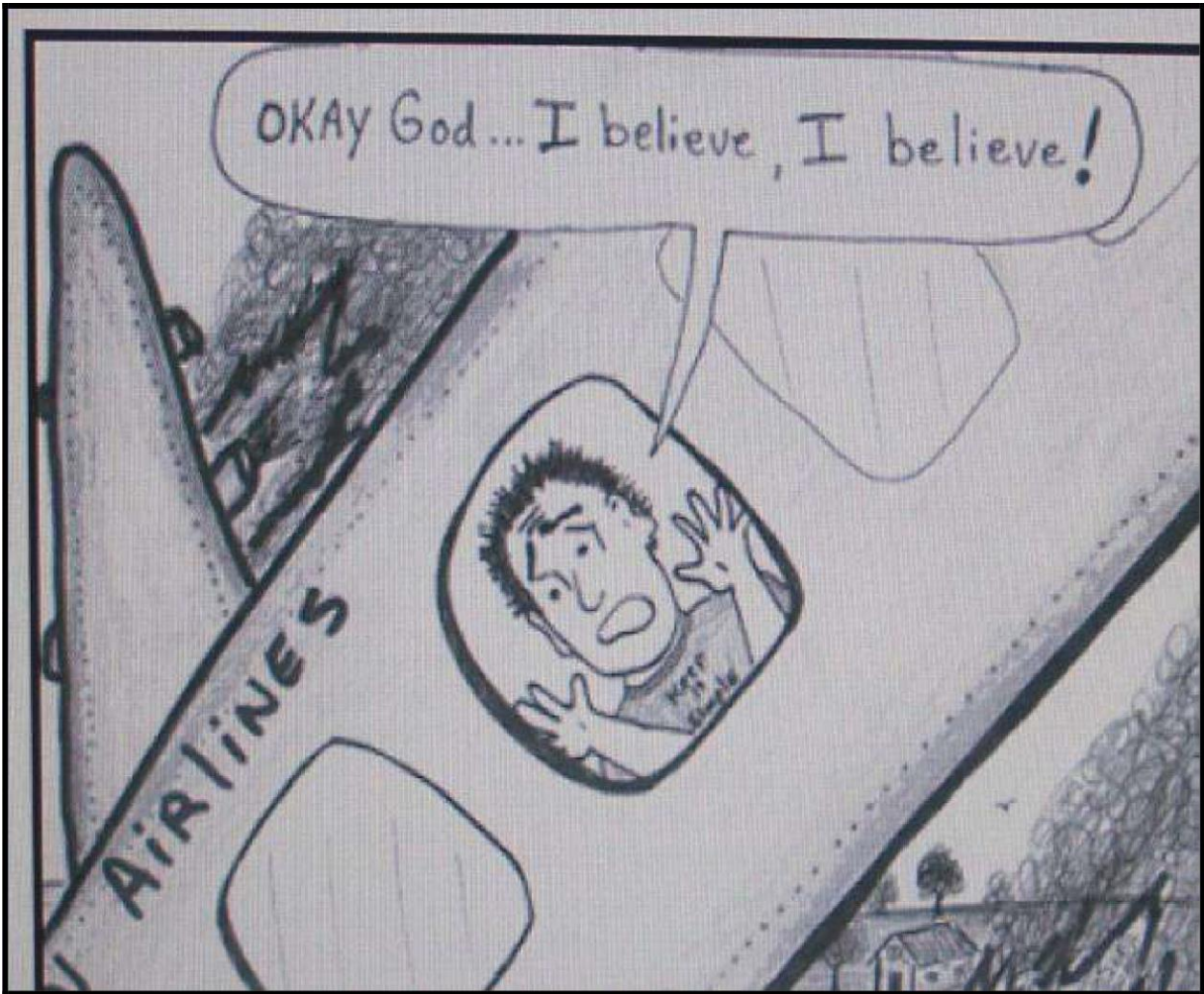
Assets

strive for

self forgetfulness
humility
modesty
Self valuation
honesty
patience
love
forgiveness
simplicity
Trust
Generosity
activity
promptness
straightforward
positive thinking
high minded, spiritual
courage
clean thinking
Look for the good

Eliminate the negative

accentuate the positive





ILLUSTRATED BY BOB MARDER

"Do you have a card that stops short
of saying 'I'm sorry' yet vaguely hints of
some wrongdoing?"