

# Back to the Basics of Sponsorship

## Taking Steps Four through Nine using an Assets and Liabilities Checklist

Assumptions:

1. The sponsor and sponsee have a couple of hours to spend together.
2. The sponsor has made a commitment to the sponsee to be a "closed-mouthed, understanding friend."
3. The sponsor asks the questions.
4. The sponsor does the writing.

The inventory contains those events and situations that are bothering the sponsee right now. If he or she has completed previous inventories, those items need not be re-inventoried. Usually, it takes only a few incidents to reveal what is blocking the sponsee from an intimate, two-way relationship with the "One who has all power."

The inventory is based on the principle that, "The healing is in the sharing, not in the writing" and the suggestion that, "The sponsee puts nothing in writing that can be used against him or her in a court of law."

First, the sponsor folds the checklist so the assets are hidden from view.

Next, the sponsor asks the following questions:

Resentment Inventory-----Who or what are you angry at?

Fear Inventory-----Who or what are you afraid of?

Harms Inventory-----Toward whom have you been selfish?

Where have you been dishonest?

What about false pride—do you see yourself as better than or less than others?

Are you jealous of any relationship?

Do you envy anyone's possessions?

Where have you been lazy?

To the right of the applicable liabilities, the sponsor writes the generic equivalents of the names of the "people, institutions (and) principles" to be inventoried (Step Four). It is far more beneficial to take a few incidents through the entire inventory and restitution process than to list so many of them that the sponsee becomes overwhelmed, discouraged, and gives up on the process.

After the checklist has been compiled, the sponsor asks the sponsee to de-

scribe the circumstances pertaining to each of the names on the checklist. During the course of the discussion, the sponsor asks the sponsee to “resolutely look for (his or her) own mistakes” and “to disregard the other person entirely” (Step Five).

If the sponsee is angry about an event or situation, the sponsor lets him or her know that we overcome our resentments with forgiveness. If the sponsee is afraid, the sponsor explains that we conquer our fears with faith, If the sponsee has hurt someone, the sponsor tells him or her that we make good on our “past misdeeds” with amends.

If the sponsor and sponsee agree that an amends needs to be made, the sponsor circles the appropriate name. The circled names become the amends list (Step Eight).

Then, the sponsor unfolds the checklist so they can look at the assets. Those liabilities with the least number of names to the right of them are the assets the sponsee already has. Those liabilities with the most names to the right of them are the assets that will be strengthened as the result of making amends.

The sponsor asks the sponsee if he or she wants the liabilities removed. If the sponsee does, then the sponsor asks the question. “Are you now ready to let God remove from you all the things which you have admitted are objectionable?” (Step Six). If the sponsee still wishes to hold on to any of the liabilities, the sponsor and sponsee pray together for the willingness for those shortcomings to be removed.

Next, the sponsor and sponsee say a prayer together (Step Seven).

**“My Creator I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”**

Then the sponsor and sponsee talk about the details of each amends. For each event or situation, they decide which type of amends would be appropriate. The four types of amends described in the “Big Book” are direct, living, in-kind, and amends to those who cannot be seen. They decide when and where they will meet immediately following a direct amends so they can discuss what happened and determine if any followup work needs to be done (Step Nine).

With this Assets and Liabilities Checklist, the sponsor has everything he or she needs to take the sponsee through Steps Four to Nine in a couple of hours.