Roanoke Women's Workshop

August 1-3, 2025

Tenth Step Daily inventory

LIABILITIES (to watch for) ⟷ (to strive for) ASSETS

Toward character defect	4	3	2	1	Neutral	1	2	3	4	Toward character asset
Resentment										Forgiveness
Fear / Worry / Cowardice										Faith / Acceptance
Selfishness										Unselfishness
Dishonesty										Honesty
Arrogance / False Pride										Humility / Simplicity
Possessiveness / Jealousy										Trust / Count on
Envy / Coveting										Contentment
Insincerity / Phoniness										Straightforward
Laziness / Passivity										Take action / Industrious
Intolerance / Perfectionism										Tolerance / Open-mindedness
Despondency / Hopelessness										Hope
Criticism										Encouragement
Discourteous										Cheerful
Pessimistic										Optimistic
Indifference / Bitterness										Compassion
Revengeful										Forgiving
Gluttony / Excess										Moderation / Balance
Greed										Generosity
Disrespect / Irreverence										Respect / Dignity
Conceit										Modesty
Inadequacy										Capability
Submissive / Withdrawn										Assertive
Aggressive / Domineering										Be patient / Cooperate
Unappreciative / Begrudging										Grateful / Obliged
Procrastination										Promptness
Inconsistent										Consistent
Critical/Fault finding/Gossip										Look for the good / discreet
Manipulative										Let go; be uninvolved
Guilt, self-condemnation, Self-pity										Self-acceptance