

# Moral Inventory List

Rate yourself on a scale of 1-10 for each of the 24 items below, where 1 represents no success in that area, and 10 means you're having habitual success. Write your number in the box next to the virtue.

How am I doing in each of the following virtues as of  
(date) \_\_\_\_\_?

## 1. Thankfulness

It is the habit of my life to thank God and others for what they have done. I can honestly say that I am a thankful person and often express my gratitude.

## 2. Humility

I do not have an inflated self-opinion, nor a deflated self-opinion. I have a teachable spirit and avoid all bragging, name-dropping and spiritual pride.

## 3. Rigorous Honesty

My "yes" is "yes", my 198.8 lbs. is 198.8 lbs., and the gig with only 14 people in the audience only had 14 people in the audience. I completely avoid half-truths, white lies, flattery or exaggeration. I practice rigorous honesty in my relationships with others and with myself. I do not ignore, dismiss or excuse areas where I fall short.

## 4. Spiritual Discipline

I take my spiritual life seriously, spending time alone with God each day, reading His word, meditating and praying. I "practice the presence" of God all day long, constantly sensing His presence in my life like the air I breathe.

## 5. Acceptance

I don't lose my peace when things don't go my way. I don't fight back when people criticize, condemn, reject or complain against me, even if they do it with wrong motives. I accept this sinful world as it is, not as I would have it.

## 6. Peacemaking

I don't allow division and resentment to fester in any of my relationships, but instead actively work toward peace with everyone whenever possible, as far as it depends on me. I'm not a participant in any activities that would foster disharmony (such as quarreling, dissension, or fighting) in my family, at my job, among friends, or at church.

## 7. Boldness

I boldly speak up and take risks for my recovery and my faith when God calls to me to do something, keeping my fear under control. There is nothing right now that God is asking me to do that I'm resisting because of fear.

## 8. Trust

My life is one of simple reliance on God. I'm free from fretting, worry or anxiety about the future. I not only believe, but "act as if" God is guiding my life and situations.

## 9. Gentleness

My life is free from all outbursts of selfish anger or rage. I am approachable, quiet in spirit, open to criticism, and don't get defensive when I am corrected or rebuked.

## 10. Persistence

When things get difficult, stressful or unrewarding I hang in there and continue to do the next right thing, maintaining my sanity and sobriety, even if I have to face difficulty and persecution. I do not give up easily.

## 11. Submission / Surrender

I always trust God to make all things right rather than try to make them right myself. I have surrendered my will and life to the care of God. I do not resist those placed in authority over me, even if they're less competent or gifted than I think they should be.

## 12. Right Relationships

Reflecting on all my relationships past and present, I'm able to say there are no broken relationships with anybody, anywhere, which I have not made by best attempt to straighten out.

## 13. Generosity

I regularly practice generous giving of both my time and money to my family, my church, and my recovery programs, as well as homeless, helpless, widows, orphans, and other people in need. Generosity is a normal behavior for me.

## 14. Priorities

I prioritize God, my marriage, my family and my recovery over work, career and my personal interests and ambitions.

## 15. Forgiveness

I have released all resentment, bitterness and grudges against any individual or group of people who have hurt me in the past. I have fully forgiven everyone who has ever hurt me.

## 16. Restoring Others

When temptation overtakes someone I know I do not avoid or exclude them; rather I get involved, humbly coming alongside to do what I can to help them back to their feet.

## 17. Restitution

I have gone back and made restitution for all the things I've ever taken that do not belong to me, and all the hurt I have caused to anyone by my words or actions, except when doing so would cause harm to me or the other person.

## 18. Resisting Materialism

I resist the materialistic lifestyle of modern culture, choosing to prioritize the pursuit of contentment and peace over the pursuit of wealth or status. I am satisfied with what I have today and am not driven by a constant need for more.

## 19. Selfish Ambition

I have laid aside all envy and selfish ambition, and I'm not jealous of anyone else's success. I do not hunger to climb the social ladder in pursuit of personal power and position.

## 20. Thought Life

I habitually think about what I'm thinking about and immediately cast out all impure thoughts. I do not entertain or dwell on tempting fantasies, selfish daydreams, or impure sexual thoughts. I habitually check my motives to make sure they are pure.

## 21. Integrity

I intentionally avoid situations that might feed my lustful or selfish desires. I do the right thing even when no one is looking, and have no dangerous emotional bonds that could lead to trouble. I carefully attend to all my relationships so that not even the hint of impropriety exists.

## 22. Words

I don't engage in slander, gossip, harshness, unkindness, biting criticism, caustic remarks, obscenity, or coarse joking. Instead I use my words to build others up, give encouragement, comfort, help, inspiration, and challenge. My tongue is completely under God's control.

## 23. Authenticity

I don't try to pretend I'm someone I'm not in order to impress people or hide my flaws. I live my life with honesty and vulnerability.

## 24. Living My Recovery

I share my recovery with both recovery people and "normies" every time God prompts me to do it. Twelfth-stepping is a habit of my life.