



Life Assets vs. Behavior Liability Inventory and Worksheet

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This inventory is intended as a self-reflective tool for those whose behavior (addiction, habit) is disruptive to their life. This inventory will assist you to be clear about the extent to which your life may be negatively affected by certain behavior. Conversely, it will help you to identify those areas that you most value and draw strength for change by investing yourself in strengthening those areas. For instance, if you have children and value your relationship with them, investing your energy in them can bring rewards that outweigh the seeming benefit of your addiction/habit.

Below is a list of your life's assets. Next to each asset place the number that reflects the extent to which your troubling behavior is affecting that asset. On the right side, add as many areas as you consider important to you, and add a number to each one, too.

1 = no effect 2 = some effect 3 = significant effect 4 = profound effect 5 = severe effect

___ Health	___ _____
___ Work	___ _____
___ Recreation	___ _____
___ Social	___ _____
___ Intellectual Development/Education	___ _____
___ Career	___ _____
___ Financial	___ _____
___ Children	___ _____
___ Spouse or Significant Other	___ _____
___ Spiritual	___ _____
___ Appearance	___ _____
___ Community Relationships	___ _____
___ Legal Relationships	___ _____
___ Self-Esteem	___ _____

Now, go back over your assets. Choose one area that you recognize as a present or former asset. For instance, if you once used your musical abilities and are now wasting that asset, you still have the ability to experience accomplishment, satisfaction, and a sense of personal power from exercising your music talent. Contact someone who knows that you have that ability and make a plan to put that ability back to use. Determine your vision for that asset. (Remember, any item on your asset list can be a place to start—fitness, children, helping others, singing, cooking, ANYTHING!) Ask someone to be your encourager...someone you can check in with once a day as you begin your adventure, until “the ball gets rolling.” Be specific.

THIS IS CRUCIAL: As you accomplish the smallest steps toward your plan, be still and deeply experience the internal sense that comes with this. Let this “buzz” begin to replace the former “buzz” of your addictive behavior or habit. This will actually change your neurochemistry. Do this daily, at minimum!

As you experience success in one are, choose a second, and then a third. This is how you rebuild your life’s habits.

Right Now: Make a detailed plan of what you will do in your first area for new success!

Here is an example of seeking to reach a goal with little or no resources apart from one’s creativity:

1. Today I visualize myself... playing the piano, in particular the song _____.
2. I will call Mr./Ms. Piano teacher and ask if I can trade some service each week for a lesson.
3. I will call the XYZ house of worship and let them know that I’m working on my own recovery and part of that is learning to play the piano. Perhaps they will let me practice to aid me in my recovery.
4. I will call my friend _____ and promise to check in daily and let him/her know how my practice is going and ask that he/she call me if I don’t call. And if I don’t have any friends, I’ll become part of group counseling / or support group and ask that someone in that group do this for me and I can return the favor. We can support each other.
5. **Daily set time aside to close your eyes and feel, sense, taste, smell, hear your success deep within, even if it just learning to play a scale. Take your time, let this success/accomplishment settle deep within. Lock it in with some little gesture, movement, or token.**
6. I will set a date for a friend or two to come and hear me give a mini-recital of my one piece and then go for dessert to celebrate my success in renewing my interest in music.