

We have examined our actions, our feelings, and uncovered the exact nature of our wrongs. Now it is time to look at our assets...If we cannot find any good points about ourselves, we need to look a little harder. If we are searching, we will surely uncover some assets. *Working Step Four in Narcotics Anonymous*

Assets Page 1	Never	Before Drugs	In Active Addiction	In the Present	Striving For	Does not Fit	Check if you have never been Check if you were ____ before you started using. Check if you were ____ in active addiction. Check if you are now ____. Check if you are striving to have a degree of ____. Check if ____ does not fit with how you see yourself. Try to think of an incident in your past or present when these assets were apparent. If applicable, list examples of where you practice these assets in your life today.
Acceptance							
Assertive							
Attentive							
Brave							
Compassionate							
Confident							
Considerate							
Courage							
Courteous							
Decisive							
Dependable							
Disciplined							
Extroverted							

Assets Page 2	Never	Before Drugs	In Active Addiction	In the Present	Striving For	Does not Fit	Check if you have never been Check if you were ____ before you started using. Check if you were ____ in active addiction. Check if you are now ____. Check if you are striving to have a degree of ____. Check if ____ does not fit with how you see yourself. Try to think of an incident in your past or present when these assets were apparent. If applicable, list examples of where you practice these assets in your life today.
Flexible							
Forgiving							
Friendly							
Generous							
Gentle							
Gratitude							
Helpful							
Honesty							
Humble							
Humility							
Industrious							
Integrity							
Introspection							
Kind							
Law-abiding							

Assets

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Loving							
Loyal							
Modest							
Open-minded							
Optimistic							
Organized							
Outgoing							
Patience							
Persistent							
Playful							
Polite							
Rational							
Realistic							
Reliable							
Respectful							

Assets

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Romantic							
Resourceful							
Selfless							
Self-sufficient							
Serene							
Sociable							
Spiritual							
Straight-forward							
Thoughtful							
Thrifty							
Tolerant							
Trusting							
Trustworthy							
Unassuming							
Venturous							

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Assets

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Never

Before Drugs

In Active Addiction

In the Present

Striving For

Does not Fit

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Check if you were ____ in active addiction.

Check if you are now ____.

Check if you are striving to have a degree of ____.

Check if ____ does not fit with how you see yourself.

Try to think of an incident in your past or present when these assets were apparent. If applicable, list examples of where you practice these assets in your life today.