Exercise S4-2 Character Assets

In this exercise, we identify the assets in our make up (character) that were present in your life before your acting out became a problem OR that are reappearing now that you are clean and sober. Use the checklist on pages 346-349 as a reference. List at least 24 assets (goal – identify 2 assets for every flaw).

#	Assets	Give a specific example of how this asset materialized in your life
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