

Inventory emphasized because it isn't a part of us
rationalize - avoid honest inventory, justify actions

I've found that since I've stopped taking drugs I've developed a conscience. Perhaps it isn't so much a new development as it is a new discovery I find I can no longer disregard my inner voice or act against any voices without suffering emotionally and spiritually.

Taking inventory is a way of checking up on myself to see how and when I commit these errors. There are not always evident. Often I will use rationalizations to avoid doing something I feel is morally correct or to justify doing something I actually believe is wrong. Sometimes my ego swells and I permit myself to act in ways I can't honestly justify. By taking inventory I can see in a much clearer light how I am acting. Taken away from the problems of the day I can be more honest with myself. I can see how I work against myself, learn the games I play and the deceptions I practice. More importantly I can learn from this. I can use the lessons I learn from each inventory to avoid repeating past mistakes.

Inventories for me are usually not a drawn out affair, although I occasionally feel the need for one. Usually I just take some free time to look at what I've been doing for the past day or two. Self-analysis has become a part of me and I find myself doing it without actually planning to

Before I had taken my fourth and fifth step, I carried with a lot of guilt for wrongs I had done to people in the past. After admitting to God and a close friend a great weight was lifted. I felt free from guilt and began to think that maybe I wasn't such a bad person after all. After experiencing this feeling I learned that I didn't want to let all my guilt build up again, and to stay sober I would have to take an honest look at myself daily so I could go to sleep with a clear conscience by promptly admitting my wrongs, I have learned to change many of my defects and solved many disagreements that if still using could have led to total blow ups.

Admitting I'm wrong keeps me in touch with my higher power. Admitting that I make mistakes reminds me that I'm only human and that there is someone or something more powerful than myself.

Most importantly, when I admit my wrongs, I am forgiven and I don't have to hold on to the regrets for a lifetime.

The other side of a personal inventory is the positive side. Today I can admit that I do good things. This helps me keep my sanity and moves me a little farther down the road in the progression of sobriety.

I like knowing that today I can honestly look at all my assets and defects and know myself well enough to say I like myself.