

Step Four: List of the Good

From your full "list of the good," please select three traits in each category that you think might best describe your "true nature."

(Excerpted from "Phase 7: List the Good," page 87, *Addiction Is the Symptom: Heal the Cause and Prevent Relapse with 12 Steps That Really Work* by Rosemary Ellsworth Brown, Ph.D.)

All that I like about myself 1. 2. 3.	All that I love about myself 1. 2. 3.
What people have told me they like about me 1. 2. 3.	What people have told me they love about me 1. 2. 3.
What I have done right in my life 1. 2. 3.	My loving acts 1. 2. 3.