

## Three Legacies Inventory

### 10TH Step Promise

"And *we have ceased fighting anything or anyone* - even alcohol. For by this time sanity will have returned."

### Overview

The Three legacies are Unity, Service and Recovery. By taking this inventory I specifically ask myself "where am I in my new life?" is meant as anything as simple as a spot check to an in-depth review. It is not meant to replace any spiritual disciplines. It is in addition to daily inventory and I have found it to be helpful in placing me firmly in the Light. My ego will tend to reassert itself in anything I do that means something to me; whether in work, family, the recovery process or with friends. Each time this inventory comes up clean, my life is also in order outside the three legacies. Each time I fall short and there have been corrective action items, I have been unbalanced in my life as a whole - ego has reemerged and I have work to do to get back on the beam. So I use this as a good spot check when I have difficulties that normal inventory has trouble identifying. I like to do this once a month at least.

What I am seeking to achieve are the Four Absolutes in all my affairs - Absolute Honesty, Absolute Purity, Absolute Unselfishness and Absolute Love. (The Four Absolutes reference the Oxford Groups belief that God was separated from man by four things, and these were originally identified by Dr. Robert E. Speer in his 1902 book "The Principles of Jesus". Frank Buchman adopted these from that book for the Oxford Group's practices. In the late 1930s the Oxford Group changed its name to Moral Re-Armament and can be found today under the name Initiatives of Change.)

Each of the legacies here includes a brief description and a set of basic questions. As I examine myself, I search out the tough questions over time and add them to my list. Each one of my questions can lead to an inventory item. I try to be specific and look at what drives the defect, just as I might do on a 4th Step Inventory. Be specific in the answers and drill down by going deeper.

### Unity

1. The state or quality of being one; singleness.
2. The state or quality of being in accord; harmony.

**First Tradition:** Our common welfare should come first; personal recovery depends upon A.A. unity.

Under the heading of unity I examine my conduct in the fellowship. This includes but is not limited to, my home group, other meetings, Newcomers, Oldtimers, Sponsor and Sponsees. Are my actions adding to a unified or divided fellowship?

-What does the word "we" mean to me?

-Are my comments and sharing divisive at meetings? Am I thinking of making divisive comments, but refrain?

-Do I refrain from comments I know to be true to avoid conflict?

-Do I support all meetings that carry the message as defined by our fellowship, even if I don't like them?

-Do I rate meetings? Do I judge meetings?

-Am I consistent in my message, not tailoring it to one type of meeting or another?

-Has my conduct been one of inclusion or exclusion?

-How am I conducting myself with various people and in various meetings?

-Am I practicing love and tolerance of all?

-Will my actions bring about a better fellowship, one unified to help the still suffering?

- When delivering a message of hope and recovery am I doing so in a manner that inspires others?
- When examined in the light of day, will any of my actions be described as selfish?
- How does my ego interfere with a unified message?
- What message do I deliver to my Sponsees regarding other meetings or literature and the concept of unity?
- Do I support group conscience or do I try and bend a meeting to my will?
- Do I belong to a "clique" that shuns others?

### **Service**

1. The performance of work or duties for a superior or as a servant.

Under the heading of service I examine my contribution to the program as a whole. It includes but is not limited to work I do to support groups, areas, districts and events.

- Am I allotting time to help the service structure stay alive?
- Am I focusing on the service structure that helps deliver the message?
- Is my service work attractive to the Newcomer?
- Is my service broad in scope?
- How does my ego affect my participation in service?
- What am I telling my Sponsees about service?
- Have I become a service junky to the exclusion of other aspects of the fellowship as a whole?
- Do I take pride in my service?
- Am I unwilling to give up a service role based upon a decision made with ego?
- Am I limiting my service commitments to the ones I may receive status from?
- Am I willing to quietly do service?
- Over the last month have I been active in service?

### **Recovery**

1. The act, process, duration, or an instance of recovering.
2. A return to a normal condition.
3. Something gained or restored in recovering.
4. The act of obtaining usable substances from unusable sources.

Under the heading of recovery I examine my actions in practicing these principles in all my affairs.

- Is my recovery on sound footing as I carry the message to others?
- Is the message I carry one free of opinion?
- Is the message I carry one free of ego?
- Am I remaining small in the fellowship?
- Is my message the one God gives me in my spiritual disciplines?
- In what specific way, have I helped Newcomers on a continuing basis?
- Am I free of pride?
- Is the message I carry one free of dogma?
- Is the message I carry true?
- If it is true, am I carrying it enough to others?
- Am I practicing these principles in all my affairs?

By David P.