

One of the requirements for sobriety is the need for confession of personality defects, a moral inventory, and step four is designed to be just this. There is a lot of hype and fear surrounding this step (mostly created by those who are yet to do it), and these worksheets are designed to make this task as easy and simple as possible. Everything contained in these sheets is directly from the Big Book 'Alcoholics Anonymous', there is no opinion, just fact. To be able to start on this step, the previous three steps must of course have been completed, so before starting check with your sponsor, spiritual advisor, counselor, etc. to make sure you are ready.

Many people get loaded or act out in some way when they reach this step. Why? They will tell you that the pain of dredging up memories long buried was too much to endure, or any one of a thousand other excuses. The plain and simple fact is just this, the pain does not come in writing this inventory, the pain comes in resisting the writing. Alcoholics and addicts, time after time, would rather get loaded again than have to face some inner truths. The freedom from self is made impossible by holding on to fears and secrets we've harbored all our lives, the way of strength, paradoxically, is in becoming vulnerable.

Here are some tips to help you with this moral inventory:

Try and list resentments in groups, i.e.; Family, school, relationships, work, etc.

If you are not sure in any area, call somebody and ask them for their experience.

Get into the habit of writing every day, even if it's only for ten minutes.

In the resentment inventory, don't write across, do it in columns, i.e; ALL names first, ALL causes second, etc.

Be honest! The only person to truly benefit from this exercise is you, don't cheat yourself out of this incredible experience.

### RESENTMENT INVENTORY PROMPT SHEET

Here is a list of people, institutions and principles that may be helpful in your resentment inventory. Feel free to add to the lists if you need to.

| your resemment  | inventory. Feel free to add to the f | usts if you fleed to. |
|-----------------|--------------------------------------|-----------------------|
| <u>PEOPLE</u>   | <b>INSTITUTIONS</b>                  | <b>PRINCIPLES</b>     |
| Father (Step)   | Marriage                             | God-Deity             |
| Mother (Step)   | Bible                                | Retribution           |
| Sisters (Step)  | Church                               | Ten Commandments      |
| Brothers (Step) | Religion                             | Jesus Christ          |
| Aunts           | Races                                | Satan                 |
| Uncles          | Law                                  | Death                 |
| Cousins         | Authority                            | Life After Death      |
| Clergy          | Government                           | Heaven                |
| Police          | <b>Education System</b>              | Hell                  |
| Lawyers         | Correctional System                  | Sin                   |
| Judges          | Mental Health System                 | Adultery              |
| Doctors         | Philosophy                           | Golden Rule           |
| Employer's      | Nationality                          | Original Sin          |
| Employee's      |                                      | Seven Deadly Sins     |
| Co-Workers      |                                      |                       |
| In-Laws         |                                      |                       |
| Husbands        |                                      |                       |
| Wives           |                                      |                       |
|                 |                                      |                       |

Creditors
Childhood Friends
School Friends
Teachers
Life Long Friends
Best Friends
Acquaintances
Girl Friends
Boy Friends
Parole Officers
Probation Officers
A.A. Friends
C.A. Friends
N.A. Friends

### FEAR INVENTORY PROMPT SHEET

Here is a list of fears that may be helpful in your fear inventory. Feel free to add to the lists if you need to.

Fear Of God

Fear Of Dying

Fear Of Insanity

Fear Of Insecurity

Fear Of Rejection

Fear Of Loneliness

Fear Of Disease's

Fear Of Alcohol

Fear Of Drugs

Fear Of Relapse

Fear Of Sex

Fear Of Sin

Fear Of Self-Expression

Fear Of Authority

Fear Of Heights

Fear Of Unemployment

Fear Of Employment

**Fear Of Parents** 

Fear Of Losing A Wife

Fear Of Losing A Husband

Fear Of Losing A Child

Fear Of Animals

Fear Of Insects

Fear Of Police

Fear Of Jail

Fear Of Doctor's

Fear Of Stealing

**Fear Of Creditors** 

Fear Of Being Found Out

Fear Of Homosexuals & Lesbians

Fear Of Failure

Fear Of Success

Fear Of Responsibility

Fear Of Physical Pain

Fear Of Fear

Fear Of Drowning

Fear Of Men

Fear Of Women

Fear Of Being Alone

Fear Of People

Fear Of Crying

Fear Of Poverty

Fear Of Races

Fear Of The Unknown

Fear Of Abandonment

Fear Of Intimacy

Fear Of Disapproval

Fear Of Rejection

Fear Of Confrontation

Fear Of Sobriety

Fear Of Hospitals

Fear Of Responsibility

Fear Of Feelings

Fear Of Getting Old

Fear Of Hurting Others

Fear Of Violence

Fear Of Writing Inventory

Fear Of Being Alive

Fear Of Government

Fear Of Gangs

Fear Of Gossip

Fear Of Wealthy People

Fear Of Guns

Fear Of Change

### **FOURTH STEP INVENTORY**

### RESENTMENTS, FEARS & SEXUAL CONDUCT/HARM DONE TO OTHERS

### **RESENTMENTS**

Please read from the bottom of page 63 through page 65 before beginning.

Column 1: Resentments

List all people, places, things, institutions, ideas or principles with whom you are angry, resent, feel hurt or threatened by.

Column 2: The Cause

What happened? Be specific as to why you were angry.

Column 3: Affects My.....

How did it make me feel? Specifically, how did it affect the seven parts of self?

Column 4: Where Was I To Blame

Read through the second paragraph on page 67 before answering this.

What's the truth here? Where was my responsibility in this relationship? What might I have done instead? Where was I at fault?

### **FEARS**

Read the Big Book, page 67, last paragraph through first paragraph on page 68.

List your fears. Then write about why you have each fear. Has self-reliance failed you?

### SEXUAL CONDUCT/HARM DONE TO OTHERS

Read carefully Big Book pages 68-70.

Again, make a list for yourself. What happened in each instance? How did it make you feel.

### The Seven Parts Of Self Defined

**Self Esteem** - How I think of myself

Pride - How I think others view me

**Pocketbook** - Basic desire for money, property, possessions, etc.

**Personal Relations** - Our relations with other people

**Ambition** - Our goals, plans and designs for the future

**Emotional Security** - General sense of personal well being

Sex Relations - Basic drive for sexual intimacy

## FOURTH STEP INVENTORY: RESENTMENTS

|  |  |  |  |  |  |  | 1   | 1   |
|--|--|--|--|--|--|--|---|---|
|  |  |  |  |  |  |  | The names of people, institutions or principles with whom I am angry.  "We went back through our lives. Nothing counted but thoroughness and honesty" | I'm Resentful At                          |
|  |  |  |  |  |  |  | (Why I Am Angry)  | The Cause                                 |
|  |  |  |  |  |  |  | Self Esteem   |   |
|  |  |  |  |  |  |  | Pride   | Wha<br>Hul                                |
|  |  |  |  |  |  |  | Emotional Security  | nt Par                                    |
|  |  |  |  |  |  |  | Pocketbook  | What Part Os Self Was Hurt Or Threatened? |
|  |  |  |  |  |  |  | Ambitions   | Self                                      |
|  |  |  |  |  |  |  | Personal Relations  | Was                                       |
|  |  |  |  |  |  |  | Sex Relations   |   |
|  |  |  |  |  |  |  | Dishonest   |   |
|  |  |  |  |  |  |  | Selfish   |   |
|  |  |  |  |  |  |  | Self-Seeking  |   |
|  |  |  |  |  |  |  | Frightened  |   |
|  |  |  |  |  |  |  | Inconsiderate   | _   |
|  |  |  |  |  |  |  | The Nature Of Our Wrong  Be specific, e.g.;  Lied to Mom  Cheated on Spouse   | Where Was I To Blame?                     |

# FOURTH STEP INVENTORY: SEX CONDUCT & HARM DONE TO OTHERS

|                  |                                   |                               |                   | ֓֞֞֞֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֡֓֓֓֓֓֡֓֜֓֡֓֡֓֡֓֜֓֡֓֡֓֡֓֡֓֡֡֡֓֜֜֡֓֜֓֜֡֓֜֡ |          | 000                  | 8        |                     |  |
|------------------|-----------------------------------|-------------------------------|-------------------|---|----------|----------------------|----------|---------------------|--|
| Whom Did I Hurt? | We List Each Thing We Did To Them | Did I Unjustifiably<br>Arouse | njustifi<br>rouse | ably  | Whe      | Where Was I At Fault | S I At F | <sup>:</sup> ault   | What Should I Have Done Instead?   |
|                  |                                   |                               |                   |   |          |                      |          | on-                 | "We asked God to mold our ideals and to help us live up to them."  |
|                  |                                   | sy                            | on                | SS  | ness     | esty                 | derate   | s relation          | "We asked God in meditationwhat we should do for each specific matter."  |
|                  |                                   | Jealous                       | Suspici           | Bitterne  | Selfishr | Dishone              | Inconsid | Was thi<br>ship sel | "We earnestly pray for the right ideal for guidance in each questionable situation, for sanity, and for strength to do the right thing." |
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|                  |                                   |                               |                   |   |          |                      |          |                     |  |

### FOURTH STEP INVENTORY: FEAR

| What Am I Afraid Of?                    | ₩           | What Part Of Self Have I Been Relying On | t Of Self Have I Been Ro | Have       | Been R    | elying (           | 'n            | Fear Prayer:  |
|---|-------------|--|--------------------------|------------|-----------|--------------------|---------------|---|
| "When we saw our fears we listed them." | Self-Esteem | Pride                                    | Emotional Security       | Pocketbook | Ambitions | Personal Relations | Sex Relations | "God, please remove my fear ofand direct my attention towards what you would have me be." |
|   |             |  |                          |            |           |                    |               |   |
|   |             |  |                          |            |           |                    |               |   |
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