Fourth Step Inventory

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.

PEOPLE	***INSTITUTIONS***	***PRINCIPLES***
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	Education System	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		
U.S. Service 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

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

FOURTH STEP INVENTORY: SEX CONDUCT & HARM DONE TO OTHERS

Whom Did I Hurt?	We List Each Thing We Did To Them	Did I Unjustifiably Arouse			Where Was I At Fault				What Should I Have Done Instead?
		Jealousy	Suspicion	Bitterness	Selfishness	Dishonesty	Inconsiderate	Was this relation-ship selfish?	"We asked God to mold our ideals and to help us live up to them." "We asked God in meditation.....what we should do for each specific matter." "We earnestly pray for the right ideal for guidance in each questionable situation, for sanity, and for strength to do the right thing."

FOURTH STEP INVENTORY: FEAR

What Am I Afraid Of? *"When we saw our fears we listed them."*	**What Part Of Self Have I Been Relying On Which Has Failed Me?**							**Fear Prayer:** "God, please remove my fear of _____ and direct my attention towards what you would have me be."
	Self-Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	