

FOURTH STEP INVENTORY

These 4th step worksheets use the wording from *Alcoholics Anonymous* (the Big Book) pages 63-71. Text in *italics* is quoted from the Big Book. When the word "optional" is used in the worksheets, it means that the Big Book suggests doing this but does not suggest writing anything down. However, many people who have used these worksheets found it helpful to write down their flaws and their specific defects.

Remember, these worksheets are meant to be helpful, but do not feel restricted by them.

You can get the latest version of these worksheets and other AA materials at http://www.royy.com.

These worksheets are not officially produced or approved by Alcoholics Anonymous. They have been circulating unofficially among AA members for a long time in various versions. Their origin is unknown to the producer of this version.

Helpful Hints

PREPARATION: before you start this written Fourth Step, read pages 63-71 in the Big Book and the Fourth Step in the *Twelve Steps and Twelve Traditions.*

NOTE:

1. This inventory is **not** an exercise in beating yourself up. Be scrupulously honest but be fair to yourself. Inventory your strengths as well as your defects.

2. The following checklist merely **suggests** what some people consider flaws. You must decide how they fit with your own moral code. Do not be limited by this list--add your other flaws and assets. It is in this Fourth Step that you begin to discover **your** values--what **you** consider right and wrong, functional and dysfunctional behavior--and how you live up to your standards.

3. This inventory is about who you are **now**, not who you were when you were drinking and taking drugs. Be careful, however, not to blame all past bad behavior on drinking and drugs if the seed of that bad behavior still exists in you.

4. Don't be discouraged when your character defects are not immediately lifted after you have completed your 5th Step--that is the work of the 6th and 7th Steps.

INTO ACTION: on the following list, check all of your defects **and** all of your assets. This is an inventory of **both** bad and good characteristics. Then discuss your defects (with your best example of each) on the *Review of Flaws* form.

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Glossary of Words Used in Steps Four and Five

Moral Inventory ..**A list of personality defects, violations of moral principles, defects in character, maladjustments, and dysfunctional behavior.**
Character .....Moral vigor or firmness, especially as acquired through self-discipline.
Defect .....Lack of something necessary for completeness; flaw; weakness, fault; same as Shortcoming.
Dishonest.....The act or practice of telling a lie, or of cheating, deceiving, stealing, etc.
Exact.....Precise, detailed.
Fault .....Something done wrongly, an error or mistake.
Fear.....Painful emotion marked by alarm, dread, anxiety, agitation, uneasiness, apprehension, etc.
Frightened .....A temporary or continual state of Fear. Anxious.
Inconsiderate.....Without thought or consideration of others.
Nature .....The essential characteristic of a thing.
Self-centered .....Occupying or concerned only with one's own affairs; same as Selfish.
Self-seeker .....A person who seeks only or mainly to further his own interests.
Selfish .....Too much concerned with one's own welfare or interests and having little or no concern for others; same as self-centered.
Shortcoming.....Falling short of what is expected or required; same as Defect.
Wrong .....Immoral, improper; not suitable or appropriate.

Footnotes to the list on following page:

[1] Dr. Bob's Fourth Step List; in "He Sold Himself Short," (*Alcoholics Anonymous* , p. 292)
[2] Seven Deadly Sins (*Twelve Steps and Twelve Traditions,* p. 48)
[3] Clarence Snyder's Fourth Step List (one of the original 40 members of AA, see "Home Brewmeister," *Alcoholics Anonymous*, pp. 297-303)
[4] Boy Scout Law, Robert Binkey's *The Official Boy Scout Handbook* (10th edition, 1990)(so? . . . what? . . .)

Checklist of Flaws and Assets

[4] Character Defect	Opposite Asset [4]
☐ aggressive, belligerent	good-natured, gentle ☐
☐ angry [2]	forgiving, calm, generous ☐
☐ apathetic	interested, concerned, alert ☐
☐ apprehensive, afraid	calm, courageous ☐
☐ argumentative, quarrelsome	agreeable ☐
☐ arrogant, insolent	unassuming, humble ☐
☐ attacking, critical	fair, self-restrained ☐
☐ avoidant	faces problems and acts ☐
☐ blocking	honest, intuitive ☐
☐ boastful	modest, humble ☐
☐ careless [1]	careful, painstaking, concerned ☐
☐ cheating	honest ☐
☐ competitive (socially)	cooperative ☐
☐ compulsive	free ☐
☐ conceited [1], self-important	humble, modest ☐
☐ contradictory, oppositional	reasonable, agreeable ☐
☐ contrary, intractable, pigheaded	reasonable ☐
☐ controlling	lets go, esp. of other's lives ☐
☐ cowardly	brave [4] ☐
☐ critical [3]	non-judgmental, praising, tolerant, ☐
☐ cynical	open-minded ☐
☐ deceitful	guileless, honest ☐
☐ defensive	open to criticism ☐
☐ defiant, contemptuous	respectful ☐
☐ denying	honest, accepting ☐
☐ dependent	accepts help but is self-reliant ☐
☐ depressed, morose	hopeful, optimistic, cheerful [4] ☐
☐ dirty, poor hygiene	clean [4] ☐
☐ dishonest [3]	honest ☐
☐ disloyal, treacherous	faithful, loyal [4] ☐
☐ disobedient	obedient [4] ☐
☐ disrespectful, insolent	respectful, reverent [4] ☐
☐ enabling	setting boundaries, tough love ☐
☐ envying [2,3]	empathetic, generous, admiring ☐
☐ evasive, deceitful	candid, straightforward ☐
☐ exaggerating	honest, realistic ☐
☐ faithless, disloyal	reliable, faithful ☐
☐ falsely modest	honest, has self-esteem ☐
☐ falsely prideful [2,3]	modest, humble ☐
☐ fantasizing, unrealistic	practical, realistic ☐
☐ fearful [3]	confident, courageous ☐
☐ forgetful	responsible ☐
☐ gluttonous [2], excessive	moderate ☐
☐ gossiping [3]	closed-mouth, kind, praising ☐
☐ greedy [2,3]	moderate, generous, sharing ☐
☐ hateful [3]	forgiving, loving, concerned for others ☐
☐ hypersensitive	tolerant, doesn't personalize ☐
☐ ill-tempered [1], bitchy	good-tempered, calm ☐
☐ impatient [3]	patient ☐
☐ impulsive, reckless	consistent, considered actions ☐
☐ inconsiderate	thoughtful, considerate ☐
☐ indecisive, timid	firm, decisive ☐
☐ indifferent, apathetic, aloof	caring ☐
☐ inflexible, stubborn	open-minded, flexible ☐
☐ insecure, anxious	self-confident, secure ☐
☐ insincere [3], hypocritical	sincere, honest ☐
☐ intolerant [1]	tolerant, understanding, patient ☐
☐ irresponsible, reckless	responsible ☐
☐ isolating, solitary	sociable, outgoing ☐
☐ jealous [1,3]	trusting, generous, admiring ☐
☐ judgmental	broadminded, tolerant ☐
☐ justifying (own actions)	honest, frank, candid ☐
☐ lack of purpose	purposeful ☐
☐ lazy, indolent	industrious, conscientious ☐
☐ loud	tasteful, quiet ☐
☐ lustful [2]	healthy sexuality ☐
☐ lying [3]	honest ☐
☐ manipulative	candid, honest, non-controlling ☐
☐ masked, closed	honest, open, candid ☐
☐ nagging	supportive ☐
☐ narrow minded	open minded ☐
☐ obscene, crude	modest, courteous ☐
☐ over emotional	emotionally stable ☐
☐ perfectionistic	realistic goals ☐
☐ pessimistic	realistic, hopeful, optimistic, trusting ☐
☐ possessive	generous ☐
☐ prejudiced	open-minded ☐
☐ procrastinates [3]	disciplined, acts promptly ☐
☐ projecting (negative)	clear sighted, optimistic ☐
☐ rationalizing	candid, honest ☐
☐ resentful [1,3], bitter, hateful	forgiving ☐
☐ resisting growing	willing to grow ☐
☐ rude, discourteous	polite, courteous [4] ☐
☐ sarcastic [1]	praising, tolerant ☐
☐ self-important [3]	humble, modest ☐
☐ self-centered	caring of others ☐
☐ self-destructive, self-defeating	self-fulfilling ☐
☐ self-hating	self-accepting, loving ☐
☐ self-justifying [3]	admitting wrongs, humble ☐
☐ self-pitying [3]	grateful, realistic, accepting ☐
☐ self-righteous	humble, understanding ☐
☐ self-seeking [3]	selfless, concerned for others ☐
☐ selfish [1,3]	altruistic, concerned with others ☐
☐ shy	outgoing ☐
☐ slothful (lazy) [2,3]	industrious, taking action ☐
☐ spiteful, malicious	forgiving ☐
☐ stealing	honest ☐
☐ stubborn	open-minded, willing ☐
☐ sullen	cheerful ☐
☐ superior, grandiose, pretentious	humble ☐
☐ superstitious	realistic, no magical thinking ☐
☐ suspicious	trusting ☐
☐ tense	calm, serene ☐
☐ thinking negatively [3]	being positive ☐
☐ treacherous	trustworthy ☐
☐ undisciplined, self-indulgent	disciplined ☐
☐ unfair	fair ☐
☐ unfriendly, hostile, bitchy	friendly [4] ☐
☐ ungrateful	thankful, grateful ☐
☐ unkind, mean, malicious, spiteful	kind [4] ☐
☐ unsupportive of others	supportive ☐
☐ untrustworthy, unreliable, dishonest	trustworthy [4] ☐
☐ useless, destructive	helpful [4] ☐
☐ vain	modest, humble ☐
☐ vindictive	forgiving ☐
☐ violent	gentle ☐
☐ vulgar [3]	polite ☐
☐ wasteful	thrifty [4] ☐
☐ willful	accepting of the inevitable ☐
☐ withdrawn	outgoing ☐
☐ wordy, verbose	frank, to the point, succinct ☐
Other dysfunctional ways of acting, feeling or thinking which cause me or others pain (specify in the following *Review of Flaws*).	

See source footnotes on page 2.

Instructions for Completion

First, we searched out the flaws in our make-up which caused our failure.

REVIEW OF FLAWS
(optional)

	FLAW	Give your best example of this specific flaw in your life.
1		
2		
3		
4		
5		
6		
7		
8		
9		

	FLAW	Give your best example of this specific flaw in your life.
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

	FLAW	Give your best example of this specific flaw in your life.
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		

RESENTMENTS

Do not be restricted by this list. It is just to help you get started. List your resentments on the next pages.

PEOPLE

☐ Father
☐ Mother
☐ Boy Friends/Lovers
☐ Brothers
☐ Sisters
☐ Sponsors
☐ Employers
☐ A.A. Friends
☐ Acquaintances
☐ Aunts
☐ Best Friends
☐ C.A. Friends
☐ Childhood Friends
☐ Clergy
☐ Co-Workers
☐ Cousins
☐ Creditors
☐ Doctors
☐ Employees
☐ Girl Friends
☐ Husbands
☐ In-Laws
☐ Judges
☐ Lawyers
☐ Life-long Friends
☐ Parole Officers
☐ Police
☐ Probation Officers
☐ School Friends
☐ Teachers
☐ Uncles
☐ Wives

INSTITUTIONS

☐ Authority
☐ Bible
☐ Child Protection
☐ Church
☐ Correctional System
☐ Education System
☐ Government
☐ Law
☐ Marriage
☐ Health/Mental Health System
☐ Nationality
☐ Philosophy
☐ Races
☐ Religion
☐ Society

PRINCIPLES

☐ Adultery
☐ Death
☐ God-Deity
☐ Golden Rule
☐ Heaven
☐ Hell
☐ Homophobia
☐ Jesus Christ
☐ Life After Death
☐ Original Sin
☐ Retribution
☐ Satan
☐ Seven Deadly Sins
☐ Sin
☐ Ten Commandments

REVIEW OF RESENTMENTS

HOW TO COMPLETE YOUR INVENTORY

Complete each column top to bottom before moving to the next. Start with names, then causes.

1 RESENTFUL AT	Who or what am I angry with?
2 CAUSE	What happened? Why am I angry?
3 AFFECTS MY	What felt threatened or hurt? Check all that apply.
4 MY PART	Setting aside their actions, how did I react or contribute?
5 OTHER DEFECTS	Optional: identify other traits I see in myself (such as pride or jealousy).

EXAMPLES OF "MY PART"

Coworker took credit for my work: I gossiped instead of addressing it directly.

Friend canceled plans: I assumed they did not care and gave them the silent treatment.

"My Part" means looking honestly at my behavior—not blaming myself for someone else's actions.

1. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

2. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

3. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

4. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

5. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

REVIEW OF RESENTMENTS

6. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

7. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

8. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

9. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

10. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

11. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

12. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

13. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

14. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

REVIEW OF RESENTMENTS

15. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

16. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

17. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

18. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

19. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

20. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

21. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

22. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

23. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

REVIEW OF RESENTMENTS

24. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

25. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

26. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

27. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

28. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

29. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

30. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

31. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

32. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

REVIEW OF RESENTMENTS

33. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

34. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

35. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

36. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

37. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

38. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

39. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

40. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

41. RESENTFUL AT:	CAUSE:	MY PART:

Affects my: ☐ Self-esteem ☐ Pride ☐ Security ☐ Pocketbook ☐ Ambitions ☐ Personal relations ☐ Sex relations ☐ Fear **My own mistakes:** ☐ Selfish ☐ Dishonest ☐ Self-seeking ☐ Frightened **Other:** _____

Fears

Do not be restricted by this list. It is just to help you get started. List your fears on the next pages.

☐ abandonment
☐ aging
☐ anger
☐ authority figures
☐ being alone
☐ being deceived
☐ being found out
☐ being myself
☐ change
☐ compliments
☐ confrontation
☐ creditors
☐ death
☐ denial, my
☐ disapproval
☐ disease
☐ divorce
☐ embarrassment
☐ employment
☐ facing myself
☐ failure
☐ fear
☐ feelings
☐ financial insecurity
☐ flying
☐ fourth & fifth steps
☐ future, the
☐ getting fat or thin
☐ God
☐ going home
☐ going out on a “whim”
☐ having children
☐ homelessness
☐ homosexuality
☐ honesty
☐ humiliation
☐ hurting others
☐ I’m a fraud and others will find out
☐ incarceration
☐ intimacy
☐ IRS, the
☐ letting go
☐ living
☐ loneliness
☐ losing hope
☐ love
☐ mediocrity
☐ money
☐ needing anyone
☐ not being good enough
☐ not being happy
☐ not being liked
☐ not being perfect
☐ people (specify who)
☐ police, the
☐ poverty
☐ procrastination
☐ rape
☐ rejection
☐ relationships
☐ resentments, my
☐ responsibility
☐ risks
☐ saying that I can’t do something
☐ sex
☐ sponsor, my
☐ success
☐ unemployment
☐ unknown, the
☐ violence
☐ work

REVIEW OF FEARS

Instructions for Completion
Complete column 1 from top to bottom before proceeding to the next column.

Column 1 *We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them.*
Column 2 *We asked ourselves why we had them.*

	COLUMN 1 I'm FEARFUL of:	COLUMN 2 Why do I have the fear?
1		
2		
3		
4		
5		
6		
7		
8		
9		

	I'm FEARFUL of:	Why do I have the fear?
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

REVIEW OF OUR OWN SEX CONDUCT

Instructions for Completion
Complete each column top to bottom before going on to the next column.

Column 1 *We reviewed our sex conduct over the years past. Whom had we hurt?*
Column 2 *Where had we been selfish, dishonest or inconsiderate?*
Column 3 *Did we unjustifiably arouse jealousy, suspicion or bitterness?*
Column 4 *Where were we at fault?*
Column 5 *What should we have done instead?*

	COLUMN 1	COL. 2			COL. 3			COLUMN 4	COLUMN 5
		Selfish	Dishonest	Inconsiderate	Jealousy	Suspicion	Bitterness		
	Whom did I harm?							Where was I at fault?	What should I have done instead?
1		☐	☐	☐	☐	☐	☐		
2		☐	☐	☐	☐	☐	☐		
3		☐	☐	☐	☐	☐	☐		
4		☐	☐	☐	☐	☐	☐		
5		☐	☐	☐	☐	☐	☐		
6		☐	☐	☐	☐	☐	☐		
7		☐	☐	☐	☐	☐	☐		

	COLUMN 1	COL. 2			COL. 3			COLUMN 4	COLUMN 5
	Whom did I harm?	Selfish	Dishonest	Inconsiderate	Jealousy	Suspicion	Bitterness	Where was I at fault?	What should I have done instead?
		☐	☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐	☐		

Conduct Inventory (Step 4 - Harms I Have Caused Others)

Look honestly at harm caused to others - physically, emotionally, mentally, spiritually, financially, or relationally.
Ask myself: Who did I hurt? How did I hurt them? Be honest and thorough.

Examples of Harmful Behavior

Lying	Breaking promises	Controlling	Creating chaos	Sabotaging others	Pressuring
Cheating	Yelling	Being absent	Abandoning	Violence	Leading on
Stealing	Being selfish	Criticizing	Starting fights	Jealousy	Two-facing
Manipulating	Using people	Causing fear	Ruining trust	Neglect	Enabling
Ghosting	Blaming	Driving drunk	Hurting kids	Shaming	Addict behavior
Gaslighting	Gossiping	Flirting while taken	Emotional dumping	Threatening	

If more space is needed, use the back of the page or another sheet.

Who I Hurt	How I Hurt Them

Who I Hurt	How I Hurt Them

STOP HERE FOR NOW

Step 8 - Made a List of All Persons We Had Harmed

Step 8 in Alcoholics Anonymous is about identifying all the people, place and institutions we have harmed, and becoming willing to make amends to them all. This step bridges the personal inventory of Step 4 with the direct amends of Step 9.

From the Twelve Steps and Twelve Traditions:
"Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake."

Purpose:
To acknowledge the harm we've caused. - To prepare for the freedom and peace promised in Step 9. - To take personal responsibility without excuses or blame.

Steps to Making an Amends

1. Admit my fault - take full responsibility without excuses or blaming. 2. Express my regret - sincerely acknowledge the harm I caused.
3. Ask if I left anything out - give them a chance to share their perspective. 4. Ask what I can do to make it right - follow through on what is reasonable and possible.

Name	How I Harmed
John D.	Lied and stole money

Name	How I Harmed
Jane S.	Emotional abuse while drunk