

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.

<i>PEOPLE</i>	<i>INSTITUTIONS</i>	<i>PRINCIPLES</i>
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	Edu cation 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 Responsibility |
| Fear of Dying | Fear of Physical Pain |
| Fear of Insanity | Fear of Fear |
| Fear of Insecurity | Fear of Drowning |
| Fear of Rejection | Fear of Men |
| Fear of Loneliness | Fear of Women |
| Fear of Disease's | Fear of Being Alone |
| Fear of Alcohol | Fear of People |
| Fear of Drugs | Fear of Crying |
| Fear of Relapse | Fear of Poverty |
| Fear of Sex | Fear of Races |
| Fear of Sin | Fear of The Unknown |
| Fear of Self-Expression | Fear of Abandonment |
| Fear of Authority | Fear of Intimacy |
| Fear of Heights | Fear of Disapproval |
| Fear of Unemployment | Fear of Rejection |
| Fear of Employment | Fear of Confrontation |
| Fear of Parents | Fear of Sobriety |
| Fear of Losing A Wife | Fear of Hospitals |
| Fear of Losing A Husband | Fear of Responsibility |
| Fear of Losing A Child | Fear of Feelings |
| Fear of Animals | Fear of Getting Old |
| Fear of Insects | Fear of Hurting Others |
| Fear of Police | Fear of Violence |
| Fear of Jail | Fear of Writing Inventory |
| Fear of Doctor's | Fear of Being Alive |
| Fear of Stealing | Fear of Government |
| Fear of Creditors | Fear of Gangs |
| Fear of Being Found Out | Fear of Gossip |
| Fear of Homosexuals & Lesbians | Fear of Wealthy People |
| Fear of Failure | Fear of Guns |
| Fear of Success | 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 Of Self Was Hurt Or Threatened?	Where Was I To Blame?
The names of people, institutions or principles with whom I am angry.	(Why I Am Angry)		The Nature Of Our Wrong Be specific, e.g.: Lied to Mom Cheated on Spouse
"We went back through our lives. Nothing counted but thoroughness and honesty"			
		Self Esteem	
		Pride	
		Emotional Security	
		Pocketbook	
		Ambitions	
		Personal Relations	
		Sex Relations	
		Dishonest	
		Selfish	
		Self-Seeking	
		Frightened	
		Inconsiderate	

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		"We asked God to mold our ideals and to help us live up to them."
		Suspicion		"We asked God in meditation.....what we should do for each specific matter."
		Bitterness		"We earnestly pray for the right ideal for guidance in each questionable situation, for sanity, and for strength to do the right thing."
		Selfishness		
		Dishonesty		
		Inconsiderate		
		Was this relationship selfish?		

FOURTH STEP INVENTORY: FEAR

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