

# FOURTH STEP INVENTORY

## Step 3 Prayer

My God, I offer myself to You –  
to build with me  
and to do with me as you will.  
Relieve me of the bondage of self,  
that I may better do your will.  
Take away my difficulties,  
that victory over them may bear witness  
to those I would help of Your Power,  
Your Love, and Your way of life.  
May I do Your will always! Amen.

## 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
- **Money** - 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

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, counsellor, 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 harboured 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

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*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

Father (Step)  
Mother (Step)  
Sisters (Step)  
Brothers (Step)  
Aunts  
Uncles  
Cousins  
Clergy  
Police  
Lawyers  
Judges  
Doctors  
Employer's  
Employee's  
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

#### INSTITUTIONS

Marriage  
Bible  
Church  
Religion  
Races  
Law  
Authority  
Government  
Education System  
Correctional System  
Mental Health System  
Philosophy  
Nationality

#### PRINCIPLES

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

## FEAR INVENTORY PROMPT SHEET

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*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            |