

FOURTH STEP INVENTORY: RESENTMENTS

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Read from bottom of page 63 through 65 of the Big Book before beginning.

1. Column 1: Page 64: "In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry." (Complete column 1 from top to bottom. Do nothing with column 2,3,4 until column 1 has been completed.
2. Column 2: Page 64: "We asked ourselves why we were angry." (Complete column 2 from top to bottom. Do nothing with column 3 & 4 until column 2 has been completed.
3. Column 3: Page 65: "On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with? " (Complete each column within column 3 from top to bottom. Starting with Self-Esteem and finishing with Sex Relations. Do nothing with column 4 until column 3 has been completed).
4. Column 4: Page 67: "Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's."

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Read from bottom of page 67 through 68 of the Big Book before beginning.

1. Column 1: Page 68: "We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, until column 1 has been completed).
2. Column 2: Page 68: "We asked ourselves why we had them." (Complete column 2 from top to bottom. Do nothing with column 3, 4, & 5, until column 2 has been completed).
3. Column 3: Page 68: "Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse. " (Complete each column within column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed).
4. Column 4: What part of self does the fear affect? (Complete each column within column 4).
5. Column 5: Page 68: "We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear.

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FOURTH STEP INVENTORY: SEX CONDUCT

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- Read from bottom of page 68 through 70 of the Big Book before beginning.

1. Column 1: "We reviewed our own conduct over the years past." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, 6, until column 1 has been completed).
2. Column 2: "We did we do?" (Complete column 2 from top to bottom. Do nothing with column 3, 4, 5, 6, until column 2 has been completed.)
3. Column 3: "We list the exact nature of our shortcomings. " (Complete column 3 from top to bottom. Do nothing with column 4, 5, 6, until column 3 has been completed).
4. Column 4: Did we unjustifiably arouse jealousy, suspicion or bitterness? (Complete column 4 from top to bottom. Do nothing with column 5, 6, until column 4 has been completed).
5. Column 5: "Who did I harm? (Complete column 5 from top to bottom. Do nothing with column 6, until column 5 has been completed).
6. Column 6: "What should I have done instead?" (Complete column 6 from top to bottom).

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Big Book, page 70, paragraph 3 “We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can.”

Note 1: -- On those pages 58-63, you'll find examples of attitudes and defects that cause us to fail in our relationships and often fuel self-seeking conduct that harms others.

Note 2: “Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves.

... Coming to his senses, he is revolted at certain episodes he vaguely remembers. These memories are a nightmare. He trembles to think someone might have observed him. As fast as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension-that makes for more drinking." Page 73 -- Alcoholics Anonymous

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