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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."

I'm resentful at:	The Cause	The Cause What part of self was hurt or threatened?											t Where was I to blame?										
List the names of people Institutions or principles with whom we were angry.	Why am I angry?	Self Estem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Selfish	Dishones	Self-seeking	Freighened	Inconsiderate	The exact nature of my wrong. Be specific.									

## FOURTH STEP INVENTORY: FEARS Copies available at www.Step12.com or from Dallas B. (479) 522-4391 © 1987 - 2005 Step12.com - Updated: 7/05/05

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.

What Am I Afraid Of?	Why do I have the fear?	ΙBe	en I	Rely		elf Have On Which	V				Self Affec	Does t?		We ask for the fear to be removed	
List the names of people Institutions, principles or anything else that you fear.	Why am I afraid?	Self-reliance	Self-confidence	Self-discipline	Self-will		Self Estem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	"Perhaps there is a better way- we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would	
														have us, and humbly rely on Him, does He enable us to match calamity with serenity. We never apologize to	
														anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is	
														the way of strength. The verdict of the ages is that faith means courage. All men of faith have	
														courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do.	
														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."	
														Fear Prayer: "God, please remove my fear	
														of and direct my attention towards what you would have me to be."	

- 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).

Who Was It?	What did we do?	my v	vrong	s, faul	ct natu Its, mis	stakes,		Did ustif arous	iably	Who Did I Harm?	What should I have done instead?
We list the people with whom we have experienced sexual conduct.	We ask ourselves what we did	Was I Selfish?	Was I Dishonest?	Was I Inconsiderate?	Was I Self-seeking?	Was this relationship selfish?	Jealousy?	Bitterness?	Suspicion?	Who was harmed?	"We asked God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed." Page 69 "To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing." Page 70

## FOURTH STEP INVENTORY: PEOPLE WE HAVE HARMED

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BE SURE TO do this page just like the other inventory pages. One column at a time, top to bottom -- NOT straight across

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

Who Did I Harm?	What did I do - or fail to do?																ure o	What should I have done instead?			
Who was harmed by my conduct?	What did I do - or, failed to do that caused the harm?	Self-will	Self Esteem - Ego	Emotional Security	Pocketbook - Material Security	Pride - Defiance - Independance	Self-pity	Self-reliance	Personal Relationships	Social Ambitions	Sexual Ambitions	Financial Ambitions	Selfish	Self-seeking	Dishonest	Inconsiderate	Freightend / Fear	Lack of Self- discipline / Self-control	Playing God - Trying to control others.	Self-centered-ego-centric	