

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.

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
U.S. Service 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

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 Drowning |
| Fear Of Dying | Fear Of Men |
| Fear Of Insanity | Fear Of Women |
| Fear Of Insecurity | Fear Of Being Alone |
| Fear Of Rejection | Fear Of People |
| Fear Of Loneliness | Fear Of Crying |
| Fear Of Disease's | Fear Of Poverty |
| Fear Of Alcohol | Fear Of Races |
| Fear Of Drugs | Fear Of The Unknown |
| Fear Of Relapse | Fear Of Abandonment |
| Fear Of Sex | Fear Of Intimacy |
| Fear Of Sin | Fear Of Disapproval |
| Fear Of Self-Expression | Fear Of Rejection |
| Fear Of Authority | Fear Of Confrontation |
| Fear Of Heights | Fear Of Sobriety |
| Fear Of Unemployment | Fear Of Hospitals |
| Fear Of Employment | Fear Of Responsibility |
| Fear Of Parents | Fear Of Feelings |
| Fear Of Losing A Wife | Fear Of Getting Old |
| Fear Of Losing A Husband | Fear Of Hurting Others |
| Fear Of Losing A Child | Fear Of Violence |
| Fear Of Animals | Fear Of Writing Inventory |
| Fear Of Insects | Fear Of Being Alive |
| Fear Of Police | Fear Of Government |
| Fear Of Jail | Fear Of Gangs |
| Fear Of Doctor's | Fear Of Gossip |
| Fear Of Stealing | Fear Of Wealthy People |
| Fear Of Creditors | Fear Of Guns |
| Fear Of Being Found Out | Fear Of Change |
| Fear Of Homosexuals & Lesbians | |
| Fear Of Failure | |
| Fear Of Success | |
| Fear Of Responsibility | |
| Fear Of Physical Pain | |
| Fear Of Fear | |

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. <i>"We went back through our lives. Nothing counted but thoroughness and honesty"</i> | (Why I Am Angry) | Self Esteem | Pride | Emotional Security | Pocketbook | Ambitions | Personal Relations | Sex Relations | Dishonest | Selfish | Self-Seeking | Frightened | Inconsiderate | The Nature Of Our Wrong Be specific, e.g. ; Lied to Morn Cheated on Spouse |
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