

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 Mom Cheated on Spouse

