FOURTH STEP INVENTORY
PART I: RESENTMENTS

1. Fill in first column first, top to bottom, listing all resentments.
2. Fill in second column, top to bottom, listing causes.
3. Place check marks as appropriate in the columns under "What was threatened?"
4. Once the second section is complete, place checkmarks as appropriate in the columns under "Where was I wrong?"
5. Use this prayer from p. 67 of the Big Book to help you release resentments:
   God, help me show these people the same tolerance, pity, and patience that I would cheerfully show a sick friend. _____ is a sick person. How can I be helpful to him/her? God, save me from being angry. Thy will be done. (See page 551-152 for more help with resentments.)

1. Resentment : people, institutions and principles with which I am angry	2. Cause: I am angry because...	3. What was threatened?						4. Where was I wrong?			
		Self-esteem	Personal Relations	$ security	Emotional Security	Ambitions	Sex	Selfish	Dishonest	Inconsiderate	Frightened

FOURTH STEP INVENTORY
PART II: FEARS

1. Fill in column 1 top to bottom, listing all fears.
2. Place checkmarks as appropriate in the columns under "Cause."
3. Place checkmarks as appropriate under "Where was I wrong?"
4. Use this prayer from p. 68 of the Big Book to have fears removed:

God, please remove my fears and direct my attention to what you would have me be.

1. My fears: I'm afraid of….because….	2. Cause			3. What was threatened?						4. Where was I wrong?			
	Consequences of my actions	Losing something I have	Not getting something I wanted	Self-esteem	Personal Relations	$Security	Emotional Security	Ambitions	Sex	Selfish	Dishonest	Inconsiderate	Frightened

FOURTH STEP INVENTORY
PART III: SEX

1. Fill in column 1 top to bottom first; listing all those I have hurt.
2. Fill in column 2 top to bottom next. The Big Book understands sex as a God given human instinct. If it used for other than reproduction or pleasure, it is being misused. Often we use sex to fulfill needs related to the other instincts (social, security). This is where we explore those instances.
3. Place checkmarks as appropriate under "Where was I wrong?"
4. Fill in section 4 top to bottom.
5. Use this prayer from p. 69 of the Big Book:

God, please mold my ideals and help me live up to them. Give me the strength to do the right thing. (Ask God what we should do about each specific situation.)

1. Who have I hurt?	2. What did I do?	3. Where was I wrong?	Selfish	Dishonest	Inconsiderate	Frightened	4. What should I have done instead?

Examples for question 2: Did I arouse jealousy, suspicion, or bitterness? Which instinct was involved (Social Relations [self-esteem, personal relations], Security [financial, emotional])?

4TH STEP INVENTORY ~ Others I May Have Harmed

1. Fill in first column first, top to bottom, listing all others I may have harmed.
2. Fill in second column, top to bottom, listing what I did.
3. Place check marks as appropriate in the columns under "What was threatened?"
4. Once the second section is complete, place checkmarks as appropriate in the columns under "Where was I wrong?"
5. Use this prayer from p. 67 of the Big Book to help you release resentments:

God, help me show these people the same tolerance, pity, and patience that I would cheerfully show a sick friend. _____ is a sick person. How can I be helpful to him/her? God, save me from being angry. Thy will be done. (See page 551-152 for more help with resentments.)

1. Other I may have harmed	2. What did I do wrong?	3. What was threatened?						4. Where was I Wrong?			
		Self-esteem	Personal Relations	$ Security	Emotional Security	Ambitions	Sex	Selfish	Dishonest	Inconsiderate	Frightened