

A FOURTH STEP INVENTORY WORKSHEET

WHAT IS THE PURPOSE OF THE 12 STEPS?

1. To help us discover and establish a conscious relationship with a Power greater than ourselves.
2. To help us improve our conscious relationship with a Power greater than ourselves.
3. To produce the personality change necessary for our recovery.
4. To provide a design for living - that can help us be happy, comfortable, and at ease, living an enjoyable life of purpose, with peace and harmony with ourselves, with others, and with God as we *understand Him*, growing in understanding and effectiveness, serving and helping others - without the use of alcohol or other drugs.

The precise instructions for taking the 12 Steps is contained in the book, *Alcoholics Anonymous*.

"To show other alcoholics precisely how we have recovered is the main purpose of this book." -- From the Forward to the First Edition of the book, Alcoholics Anonymous

There is much more to life than being physically sober. There is much more to sobriety than having the obsession for alcohol removed. Sober isn't much fun - unless we can learn to be happy and sober. To be happy and sober requires emotional sobriety. The Fourth Step is our first action step towards physical and emotional sobriety.

We are in a process to recreate our lives. We made a decision to give up *our old plans for living* and to try A.A.'s 12 Step Plan for Living. The Fourth Step is our first action step. It is here that we know whether or not we really took Steps 1, 2 and 3.

Step Four is a fact-finding and fact-facing process. We are searching for "causes and conditions." We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns - that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact.

This prepares us to live a life of purpose - where we can be in maximum fit condition to be of service to others. And, by taking inventory and learning the exact nature of our wrongs - we will be able to recognize when we might be slipping into our old way of life - and headed for new problems, and possibly relapse.

If you doubt that you have any problems -- just think back to the last time that you felt restless, irritable and discontented. Remember when you got angry -- with your self or with another person. Remember the last time you were disturbed. Remember the last time you had a problem or troubles. The last time you felt uncomfortable and not at ease in a situation. What was it? With whom was it? What happened?

Everything contained in the Fourth Step Inventory Worksheets is directly from the book *Alcoholics Anonymous*. The worksheets were created by using the precise instructions in the Big Book to make taking the Fourth Step as easy and simple as possible. All page numbers in this Fourth Step Inventory Workshop, refer to the third edition of the book *Alcoholics Anonymous*. If you are using the fourth edition -- make sure you are on the correct page.

Quotes from the Big Book *Alcoholics Anonymous* © *Alcoholics Anonymous*

FOURTH STEP INVENTORY INSTRUCTIONS

1. Be sure that you have taken Steps One, Two and Three.
2. If you are using the forms that I provided to you, or if you're not using the forms, remember: The columns go from TOP to BOTTOM. Not straight across. Example: Column 1, (left column) list all the names, people, principles, things, etcetera, that go in this first column, top to bottom. DO NOT move to the second column until column 1 is complete. Then, when you do column 2, go top to bottom, not straight across, until you have completed column 2. Do the same with each successive column. Top to Bottom. Not straight across
3. Read page 58 through 63 of the Big Book (up to the last paragraph). Note each place you see the word "self" and "selves" and the compounds of those words. (Example "self-seeking, self-reliance" etcetera).
4. There are four parts to your Inventory. They are to be taken in the precise order as numbered below:
 - a. Resentments
 - b. Fears
 - c. Sex Conduct
 - d. Harms To Others
5. Now, read page 63 (starting with the last paragraph) - through page 71 of the Big Book.
6. Complete the four different Inventory sheets that have been provided to you. Follow the instructions on each of the sheets. Use additional copies of the sheets when necessary. DO NOT complete the columns left to right -- they should be completed from TOP to BOTTOM in each column, before going to the next column.
7. Refer to the "Prompt Sheets" to jog your memory -- if you get stuck.
8. Ask questions if you are unsure of anything! Prepare for a long talk with your sponsor.
9. In this Fourth Step Inventory we are searching for our grosser handicaps. Personal inventories will become part of a life-long process. Later, in our Tenth Step Inventories, our objectives are not only to keep our "house clean and in order" -- correcting mistakes and errors when they occur -- but also to grow in understanding and effectiveness. At that point many of us find it interesting to discover in greater depth a knowledge and understanding of ourselves, our instincts, impulses and drives. In our Daily 10th & 11th Steps, we will begin to look at the "Assets and Liabilities" in our lives which will provide a simple "Design for Living" that we'll use to "Recreate our lives."

SUGGESTION: Take this step with a qualified sponsor. A qualified sponsor – is someone who has taken ALL 12 Steps precisely following the directions as they are defined and described in the Big Book – Alcoholics Anonymous. IT IS NOT ADVISABLE TO DO THIS STEP ALONE. Be sure your Sponsor is present and leading you through this Step as you take it. (That's one of the reasons that we have sponsors! And, it is your sponsor's job to lead you through this Step)

Naturally, there will come to mind additional things that you will feel that you should have included in your Fourth Step, that were left out. Don't worry about it. If you take these Steps as they have been laid out, and you have been thorough to the best of your ability at the time that you took them -- you will have plenty of time later on to revisit the Fourth Step, using the 10th Step Inventories. And, you'll be able to do it SOBER!!!

You are learning to use our "Spiritual Tools" for the first time. You will use them daily (hopefully) for the rest of your life -- as you trudge the road of happy destiny, with a new peace, serenity, attitude, and new outlook on life!

RESENTMENTS LIST

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."* **Complete column 4 from top to bottom.**

Resentments Help

People

Father
Mother
Brothers
Sisters
Aunts
Uncles
Cousins
Clergy
Police
Judges
Lawyers
Doctors
Employers
Employees
Co-worker
In-laws
Spouse
Creditors
Childhood Friends
School Friends
Best Friends
Teachers
Acquaintances
Girl Friends
Boy Friends
Parole Office
Probation Officer
AA Friends
Military Friends

Institutions

Marriage
Bible
Church
Religion
Races
Law
Authority
Government
Education System
Correctional System
Mental Health System
Philosophy
Nationality
Fraternal Groups
Recovery Programs
Military

Principles

God
Retribution
Ten Commandments
Jesus Christ
Satan
Death
Heaven
Hell
Sin
Adultery
Golden Rule
Original Sin
Seven Deadly Sins
Recovery

FEARS LIST

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."*

Fear Inventory Help

God	Insects	Disapproval
Dying	Creditors	Rejection
Insanity	Being Found Out	Confrontation
Rejection	Change	Sobriety
Loneliness	Failure	Feeling
Alcohol	Success	Getting Old
Relapse	Responsibility	Hurting Others
Sex	Men	Violence
Sin	Women	Living
Self-expression	People	Government
Authority	Pain	Gangs
Heights	Crying	Gossip
Unemployment	Poverty	Wealthy People
Employment	Races	Guns
Parent	Unknown	Homosexuals and Lesbians
Losing a Spouse	Abandonment	Police
Losing a Child	Intimacy	Jail
Animals	Doctors	

RESENTMENTS

1) I'm resentful at ... (List the names of people, institutions or principles with whom I am angry)	2) The cause (Why am I angry)	3) What part of self was hurt						4) Where was I to blame					
		Self Esteem	Pride	Emotional Security	Financial Security	Ambition	Personal Relations	Selfish	Dishonest	Self-seeking	Frightened	Inconsiderate	The exact nature of my wrong. Be Specific

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FEARS

1) What am I afraid of? List the names of people, institutions, principles or anything else you fear	2) Why do I have the fear? Why am I afraid?	3) What part of self have I been relying on which has failed me?				4) What part of self does the fear affect?							
		Self-reliance	Self-confidence	Self-discipline	Self-will	Self Esteem	Pride	Emotional Security	Financial Security	Ambitions	Personal Relations		Sex Relations

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SEX CONDUCT AND HARM DONE TO OTHERS

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

Whom Did I Hurt?	We List Each Thing We Did to Them	Did I Unjustifiably Arouse ...			Where Was I at Fault?				What Should I Have Done Instead?
		Jealousy	Suspicion	Bitterness	Selfishness	Dishonesty	Inconsiderate	Was this relationship selfish?	
									<p>“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</p> <p>“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</p>

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Definitions

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.
Emotional Security	General sense of emotional well being
Sex Relations	Basic drive for sexual intimacy
Selfish, self-centered, egotistical	"It's about me!"
Ambitions	Our goals, plans and designs for the future. Ambition deals with the things that <i>we want</i> . In examining our ambitions we notice that we have the following types:
Emotional ambitions	Our ambitions for Emotional Security. Our "feelings".
Material ambitions	Our ambitions for "Our pocketbook." Our ambitions towards physical and financial well-being.
Social ambitions	Our "place or position in the herd." Our ambitions of how others view us. Our ambitions towards what people think about us.
Sexual ambitions	Refers to ambitions for sex relations. Does this really need a definition?