

4th Step Resentment Inventory

(One name per page front of paper only)

1st instruction: (Pg.64 par 3 line 7)

"We listed people, institutions or principles with whom we were angry."

Example: Dad

2nd instruction: (pg 64 par 3 line 9)

"We asked ourselves why we were angry."

Example:

1. Wasn't around when growing up.
2. Only showed up when he wanted to see us.
3. Didn't teach me man things

3rd instruction: (pg 64 par 3 line 9)

"In most cases we found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened."

Example: self-esteem, ambitions, personal relations and sex relations

4th Step Resentment Inventory

(Back of paper)

4th Instruction: (pg 67 par 2 line 1)

“Referring to our list again,. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes.”

Example:

1. I never called him
2. I used him
3. I stole from him
4. I used his not being around as an excuse to act out
5. I talked bad about him
6. I needed to hate him to justify my own behavior
7. Blaming him was a handy excuse that my family would buy into.

4th Step Fears Inventory

1st instruction: (pg 68 par 1 line 1)

"We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them."

2nd instruction: (pg 68 par 1 line 3)

"We asked ourselves why we had them."

The Fears:	Why I have them:
Love	I'll get hurt
People	They won't like me
Losing my job	I'll be homeless Can't take care of family

4th Step Sex Inventory

(One name per page)

1st Instruction (pg 69 par 1)

"We reviewed our own conduct over the years past. Where had we been **selfish, dishonest, or inconsiderate?**"

Example:

Jane

1. Where **selfish:**

I used sex to meet my needs
It was on my terms

2. Where **dishonest:**

Told her I loved her
Said it was best ever

3. Where **inconsiderate:**

Didn't consider her feelings
Used past relationships against her

2nd Instruction (pg 69 par 1 line 3)

"Whom had we hurt?"

Her and myself

3rd Instruction (pg 69 par 1 line 3)

"Did we unjustifiably arouse jealousy, suspicion or bitterness?"

1. jealousy:

flirt with other women

2. suspicion:

not answer phone

"go out"

3. bitterness:

withhold sex when she wanted it
act cold towards her ...

4th Instruction (pg 69 par 1 line 4)

"Where were we at fault, what should we have done instead?"

At fault: Should not have lied, should not have used her, shouldn't of been with her

Should have done instead: should have been honest, should have been true to her and myself, should have broken it off

5th Instruction (pg 69 par 2 line2)

"We subjected each relation to this test-was it selfish or not"
YES

6th Instruction (pg 69 par 2 line 3)

(on separate page, not for each person)

"We asked God to mold our ideals and help us live up to them."

Write out your sex ideals after asking God to mold them