



FOURTH STEP INVENTORY FORMS

One of the **requirements** for recovery 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 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. Many taking this Step, time after time, would rather continue their harmful barrier to peace 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
U.S. Military

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 Dying
Fear Of Insanity
Fear Of Insecurity
Fear Of Rejection
Fear Of Loneliness
Fear Of Disease's
Fear Of Sex
Fear Of Sin
Fear Of Self-Expression
Fear Of Authority
Fear Of Heights
Fear Of Unemployment
Fear Of Employment
Fear Of Parents
Fear Of Losing A Wife
Fear Of Losing A Husband
Fear Of Losing A Child
Fear Of Animals
Fear Of Insects
Fear Of Police
Fear Of Jail
Fear Of Doctor's
Fear Of Stealing
Fear Of Creditors
Fear Of Being Found Out
Fear Of Homosexuals & Lesbians
Fear Of Failure
Fear Of Success
Fear Of Responsibility
Fear Of Physical Pain

Fear Of Drowning
Fear Of Men
Fear Of Women
Fear Of Being Alone
Fear Of People
Fear Of Crying
Fear Of Poverty
Fear Of Races
Fear Of The Unknown
Fear Of Abandonment
Fear Of Intimacy
Fear Of Disapproval
Fear Of Rejection
Fear Of Hospitals
Fear Of Responsibility
Fear Of Feelings
Fear Of Getting Old
Fear Of Hurting Others
Fear Of Violence
Fear Of Writing Inventory
Fear Of Being Alive
Fear Of Government
Fear Of Gangs
Fear Of Gossip
Fear Of Wealthy People
Fear Of Guns
Fear Of Change

Fear Of Fear

FOURTH STEP INVENTORY

RESENTMENTS, FEARS & SEXUAL CONDUCT/HARM DONE TO OTHERS

RESENTMENTS

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

What's the truth here? Where was my responsibility in this relationship? What might I have done instead? Where was I at fault?

FEARS

List your fears. Then write about why you have each fear. Has self-reliance failed you?

SEXUAL CONDUCT/HARM DONE TO OTHERS

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

