

FOURTH STEP INVENTORY: APPRECIATION

Complete each column from top to bottom.

I appreciate:	The cause	What part of self was nurtured?							Can I take credit?					
List the names of people, Institutions or principles you appreciate.	Why am I appreciative?	Self-esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sexual Relations	Selflessness	Honest	Altruistic	Safe	Considerate	The exact nature of my appreciation. Be specific.

FOURTH STEP INVENTORY: COURAGE

Taken from *AA Big Book*, 4th Step Workshop with Dallas B. as modified by Sam L.

Complete each column from top to bottom.

About What Am I Courageous?	Why Do I Feel This Courage?	Which Part of Self Have I Been Relying on Which Has Served Me?				What Part of Self Does the Courage Affect?						
		Self-reliance	Self-confidence	Self-discipline	Self-will	Self-esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sexual Relations
List the names of people Institutions, principles or anything else that give you courage.												

FOURTH STEP INVENTORY: HUMAN CONDUCT

Taken from *AA Big Book*, 4th Step Workshop with Dallas B. as modified by Sam L.

Complete each column from top to bottom.

Who was it?	What did I do?	What is the exact nature of my humanity?					Did I justifiably build:			Who did I help?	How can I do more of this?
		Was I Selless?	Was I Honest?	Was I Considerate?	Was I Atruistic?	Was this relationship reciprocal?	Trust?	Happiness?	Mutual Support?		
We list the people with whom we have experienced meaningful human interaction.	We ask ourselves what we did									Who was helped?	

FOURTH STEP INVENTORY: PEOPLE WE HAVE SUPPORTED

Complete each column from top to bottom.

Who did I support?	What did I do?	What assets do I have that supported these changes?								What can I do more of?
Who was supported by my conduct?		Generosity	Altruism	Honesty	Considerateness	Faith	Self-discipline and control	Relying on my Higher Power	Other-centered	