

FOURTH STEP INVENTORY: FEARS

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

Complete each column from top to bottom.

Column #1: “We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them.”

Column #2: “We asked ourselves why we had them.”

Column #3: “Wasn’t it because self-reliance had failed us? Self-reliance was good as far as it sent, 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.”

Column #4: What part of self does the fear affect?”

What Am I Afraid Of?	Why Do I Have the Fear?	Which Part of Self Have I Been Relying on Which Has Failed Me?				What Part of Self Does the Fear 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 you fear.	Why am I afraid?											

FOURTH STEP INVENTORY: SEXUAL CONDUCT

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

Complete each column from top to bottom.

Column #1: "We reviewed our own conduct over the years past."

Column #2: "What did we do?."

Column #3: "We list the exact nature of our shortcomings."

Column #4: Did we unjustifiably arouse jealousy, suspicion or bitterness?"

Column #5: Who did I harm?"

Column #6: What should I have done instead?"

Who was it?	What did I do?	What is the exact nature of my wrongs, faults, mistakes, defects, or shortcomings?					Did I unjustifiably arouse:			Who did I harm?	What should I have done instead?
		Was I Selfish?	Was I Dishonest?	Was I Inconsiderate?	Was I Self-seeking?	Was this relationship selfish?	Jealousy?	Bitterness?	Suspicion?		
We list the people with whom we have experienced sexual conduct.	We ask ourselves what we did									Who was harmed?	<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."</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."</p>

FOURTH STEP INVENTORY: PEOPLE WE HAVE HARMED

Complete each column from top to bottom.

Who did I harm?	What did I do—or fail do?	Which part of self caused the harm?										What is the nature of my wrongs, faults, mistakes, defects?						What could I have done instead?				
Who was harmed by my conduct?	What did I do - or, failed to do that caused the harm?	Self-will	Self Esteem - Ego	Emotional Security	Pocketbook - Material Security	Pride - Defiance - Independence	Self-pity	Self-reliance	Personal Relationships	Social Ambitions	Sexual Ambitions	Financial Ambitions	Selfish	Self-seeking	Dishonest	Inconsiderate	Fright / Fear	Lack of Self-discipline / Self-control	Playing God - Trying to control others.	Self-centered/egocentric		