

Presented by Eye Opener Group of Alcoholics Anonymous  
(Punta Gorda, FL) District 5, Area 15

Welcome and Congratulations! You have made an important decision to be here today and we are glad that you did!

What is the purpose of the Twelve Steps? Why are we here?

AA's Twelve and Twelve text states that these steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.

Steps 1, 2, and 3 introduce us to the principles of Honesty, Hope and Faith. We gain Courage as we properly identify our past in Step 4. In 5, 6 and 7 we begin to rectify our part in life and Integrity, Willingness and Humility begin to replace some of those old defenses. The principles of Brotherly Love and Justice are the result of Steps 8 and 9. And finally 10, 11 and 12 are the principles guided by in our daily lives of Perseverance, Spiritual Awakening and Service.

The self-appraisal in Step 4 is a fact-finding process. It is an effort to discover the *truth* about ourselves. Step Four follows the simple ideas of Step 1, 2 and 3 in which we laid a foundation, positioned the cornerstones, and put in place the keystone of the new and triumphant arch through which we pass to freedom!

The worksheets that follow are a format that has been established directly from the book Alcoholics Anonymous. They have been carefully created to reflect the precise instructions found in the text and are referenced with page numbers as appropriate. There are four parts to a personal inventory: Resentments, Fears, Sex Conduct and Harms to Others. Each inventory is to be completed independently and thoroughly to the best of our ability following the instructions on each sheet. As we proceed in our recovery, we will learn in our Tenth Step Daily Inventories, how to keep our side of the street Clean and in order, as we adjust our character to a more useful way of living.

We are preparing ourselves to have a life of purpose, which we have been granted, because we walked in that door! We can be freed from that which use to block us and experience a personality change significant enough to recover from alcohol! We can offer our experience, strength and hope to the next person who desires to stop drinking and in doing so, we are being of maximum service!

“Abandon yourself to God as you understand God. Admit your faults to Him and your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny! May God bless you and keep you – until then” (page 164 BB).

**Resentment is the #1 offender! In dealing with resentment we set them on paper (page 64)**

1. **"I am resentful at:"** (page 64): "In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry."
2. **"The cause:"** (page 64): "We asked ourselves why we were angry."
3. **"Affects my..."** "Which part of self...?" (page 65): "On our grudge list we set opposite each name our injuries. Was it our self-esteem (SE), our security (SEC), our ambitions (AMB), our personal (R), or sex relations (SR), which had been interfered with?"
  - *We turned to the list, for it held the key to the future. We were prepared to look at it from an entirely different angle.*
  - *We ask God (pray) to help us show them the same tolerance, pity and patience we would cheerfully grant a sick friend. 'This is a sick man. How can I be helpful to him? God save me from being angry. They will be done.*
4. Referring to our list again (Pg. 67) ....we resolutely look for our own mistakes... **Where had we been selfish, dishonest, self-seeking, and frightened?**
5. **Where were we to blame?** The inventory was ours...we saw our faults we listed them. We placed them before us in black and white. We admitted our wrongs honestly.

I'm resentful at:	The Cause	Affects my (SE, SEC, AMB, R or SR)	Where had we been Selfish, Dishonest, Self-Seeking, Frightened?	Our Faults	Fear
Mr. Brown	His attention to my wife	SR, SE (fear)	Frightened Dishonesty	Jealous – I look at texts without permission to see who called/texted	She's sleeping with Mr. Brown. I will be alone. I am not loveable.



***Many of us needed an overhauling there. (Page 68 ¶ 4)***

***We reviewed our conduct over the past years. (Page 69 ¶ 1)***

**Event**

Slept with my best friend's boyfriend.

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**Where had we been selfish, dishonest, and inconsiderate?**

*Selfish – thinking only of how I felt in the moment.*

*Dishonest – In denial that I was hurting anybody so I could justify my actions.*

*Inconsiderate – Didn't think of my friend's feelings.*

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**Whom had we hurt?**

*My friend.*

*My friend's boyfriend.*

*My boyfriend.*

*Myself.*

*Our circle of friends.*

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

*Jealousy – I was mad at my boyfriend, so I wanted to make him jealous by sleeping with someone else.*

*Suspicion – I left my Facebook chat open so my boyfriend could see my conversation with my friend's boyfriend?*

*Bitterness – I was jealous of my friend's relationship, so I slept with her boyfriend to make her bitter.*

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**Where were we at fault?**

*Cheating: I cheated on my boyfriend.*

*Low Self-Esteem: I slept with him to build my self-esteem.*

*Not True to Myself: I'm not happy in my relationship and want to be single.*

*Sabotaging: Creating a situation to make my boyfriend break up with me (so I wouldn't have to do it myself).*

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**What should we have done instead?**

*Should have been honest with my boyfriend about my feelings before acting on them. I should not have slept with my friend's boyfriend.*

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**In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relationship to this test-was it selfish or not? (Page 69 ¶ 2)**

**Relationship with my Boyfriend:** Selfish – Was only staying in it because I was afraid to be alone.

**Relationship with my Friend:** Selfish – I didn't think about how this would affect her or our relationship.

**Relationship with my Friend's Boyfriend:** Selfish – I didn't think about how this would affect him and his relationship with my friend.

**Relationship with my Circle of Friends:** Selfish – I tried to seek Group Pity and ended up making my friends uncomfortable and untrusting.

## **4<sup>th</sup> Step Inventory – Now about Sex...Worksheet**

*Many of us needed an overhauling there. (Page 68 ¶ 4)*

*We reviewed our conduct over the past years. (Page 69 ¶ 1)*

**Event**

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**Whom had we hurt?**

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**Where were we at fault?**

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**What should we have done instead?**

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**In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relationship to this test-was it selfish or not? (Page 69 ¶ 2)**



## 4<sup>th</sup> Step Inventory – People We Have Harmed

*"We have listed the people we have hurt by our conduct and are willing to straighten out the past if we can." (Page 70 ¶ 3)*

*The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. (page 72 ¶ 3)*

Who we harmed	Our Faults	Fear

**Have you been thorough about your personal inventory?**

**Have you written down a lot?**

**Have you listed and analyzed your resentments?**

**Have you comprehended their futility and fatality?**

**Have you commenced to see their terrible destructiveness?**

**Have you learned tolerance, patience, and good will towards all men, even our enemies, by looking at them as sick people?**

**Have you listed the persons you had hurt by your conduct? Are you willing to straighten out the past?**

**“In this book you read again and again that faith did for us what we could not do for ourselves. We hope you are convinced now that God can remove whatever self-will has blocked you off from Him. If you have already made a decision (Step 3), and an inventory (Step 4) of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself” (Pg. 70-71).**

**Next...**

**INTO ACTION, Chapter 6**

**Step 5 – Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

***CALL YOUR SPONSOR OR SPIRITUAL ADVISOR AND SET A DATE***

***We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. (page 75 ¶2)***



## **Worksheets for printing additional pages:**

- **Resentments – people, institutions and principles**
- **Fears**
- **Now about Sex Inventory**
- **People We Have Harmed**





## **4<sup>th</sup> Step Inventory – Now about Sex...Worksheet**

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**Where had we been selfish, dishonest, and inconsiderate?**

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**Whom had we hurt?**

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**Where were we at fault?**

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**What should we have done instead?**

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**In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relationship to this test-was it selfish or not? (Page 69 ¶ 2)**

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