

"REVIEW OF RESENTMENTS"

INSTRUCTIONS FOR STEP 4 INVENTORY

Instruction 1: In dealing with resentments, we set them on paper. We listed the people, institutions or principals with whom we were angry. (Complete column 1 from top to bottom. **Do nothing in columns 2, 3, or 4 until column 1 is complete.**

Instruction 2: We asked ourselves why we were angry. (Complete column 2 from top to bottom. *Do nothing with columns 3, & 4 until column 2 is complete*)

Instruction 3: On our grudge list we set opposite each name our injuries. Was it our self-esteem? Our security? Our ambitions? Or our sex instinct which caused us harm? Which one was threatened. Complete column 3 from top to bottom. ***Do nothing in columns 4 until 3 is complete.***

Instruction 4: Referring to our list again, putting out of our mind what others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, frightened or inconsiderate? Asking ourselves these questions, we complete column 4.

Instruction 5: Reading from left to right, we now see the resentment (column 1), the cause (column 2), the part of self that had been affected (column 3), and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will (column 4).

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"REVIEW OF PEOPLE I HAVE HARMED"

INSTRUCTIONS FOR COMPLETION

Instruction 1: We listed any other people we have harmed that have not been included in my inventory. Complete column 1 from top to bottom. ***Do nothing in columns 2,3, or 4 until column 1 is complete.***

Instruction 2: We asked ourselves what did we do? Complete column 2 from top to bottom. *Do nothing with columns 3, & 4 until column 2 is complete.*

Instruction 3: Witch instinct was effected? Was it our self-esteem? Our security? Our ambitions? Or our sex instinct which caused us harm? Complete column 3 from top to bottom. **Do nothing in columns 4 until complete.**

Instruction 4: Referring to our list again, putting out of our mind what others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, frightened or inconsiderate?

Instruction 5: Reading from left to right, we now see the harms (column1), the cause (column 2), the part of self that had been affected (column 3), and the exact nature of the character defect within us that allowed self to surface and block us off from God.

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FOURTH STEP INVENTORY: FEAR

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