"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 What is the exact "SELF" to bottom. Do nothing in columns 2,3, or 4 until column 1 is complete. nature of my wrongs, faults, mistakes, 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 in complete) defects, shortcomings. (which part of self is affected or threatened?) 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? Witch one was threatened. Complete column 3 from top to bottom. Do nothing in columns 4 until 3 is complete. Social Security Sex Dishonest Self-Seeking & Frightened Inconsiderate Instinct Instinct Instinct **Ambitions** 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, Selfish self-seeking, rightened or inconsiderate? Asking ourselves these questions, we complete column 4. Self Esteem Instruction 5: Reading from left to right, we now see the resentment (column1), 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). Social Column 1 Column 2 Column 3 Column 4 I am Resentful at: The Cause: (Check all boxes that apply)

"REVIEW OF OUR OWN SEX CONDUCT"

INSTRUCTIONS	FOR STEP 4 INVENTORY															
Instruction 1: In dealing with our sex conduct, we set them on paper. We listed the people whom we had harmed by our conduct. Have we hurt anyone else other than our sex partner? (Complete column 1 from tcp to bottom. Do nothing in columns 2,3, or 4 until column 1 is complete.						"SELF" What nature fault										
<u>Instruction 2:</u> We asked ourselves what did we do? Did I arouse jealousy, su 3, & 4 until column 2 in complete)	faults, mistakes, defects, shortcomings (which part of self is affected or threatened?)															
<u>Instruction 3:</u> On our list we listed our injuries. Did my actions affect my self-efrom top to bottom. <i>Do nothing in columns 4 until 3 is complete.</i>	steem, my security, my sex instinct? Which instinct caused us harm? Complete column 3	1	cial tinct	1	urity	1				ns		st	8 D	ate		
ser-seeking, frightened or inconsiderate? We subject each relation to this te		teem	Personal Relationships	18	onal	Acceptable Sex Relationships	Sex onships		Ą	- 1	Selfish	Dishone	Seir-Seeking Frightened	Inconsiderate		
nature of the defect within us that allowed self to surface and harm others (co	1), the cause (column 2), the part of self that had been affected (column 3), and the exact umn 4). And that blocks us from God	Self Esteem	Person Relation	Material	Emotional	Accep Relation	Hidde: Relation	Social	Security	Sexual	, l	j d	ň	11		
	Column 1 Column 2					Column 3										
Whom did I harm:	What did I do:				(Cr	neck a	ill box	es th	at ap	(vlac						
					,											

"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 is columns 2,3, or 4 until column 1 is complete.							"SELF"								
Instruction 2: We asked ourselves what did we do? Complete column 2	from top to bottom. Do noth	ning with columns 3, & 4 until colu	umn 2 in complete.	(v	vhich pa	rt of self	is affec	ted or t	hreate	nd?)				Γ	
Instruction 3: Witch instinct was effected? Was it our self-esteem? Our s 3 from top to bottom. Do nothing in columns 4 until complete.	ecurity? Our ambitions? Or o	ur sex instinct which caused us harm	n? Complete column		cial inct	Securit _i Instinc		Sex stinct	Am	bitions	,	est	ing &	erate	
Instruction 4: Referring to our list again, putting out of our mind what other dishonest, self-seeking, frightened or inconsiderate?				steem	Personal Relationships	al	Acceptable Sex Relationships	Hidden Sex Relationships		lfy	Selfish	Dishonest	Self-Seeking Frightened	Inconsiderate	
<u>Instruction 5:</u> Reading from left to right, we now see the harms (column1 exact nature of the character defect within us that allowed self to surface	n, the cause (column 2), the particle of the cause (column 2), the cause (column 2), the particle of the cause (column 2), the c	art of self that had been affected (co	umn 3), and the	Self Esteem	Perso Relati	Material Emotional	Accep	Hidde Relati	Social	Security Sexual					
Column 1		Column 2				Co	lumi	n 3				Col	<u>umn</u>	4	
Whom did I Hurt?		What did I Do?				(0	Column 3 Column 4 (Check all boxes that apply)		all boxes that app			That are:			
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				5											
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FOURTH STEP INVENTORY: FEAR

What am I Afraid of? "When we saw our fears we listed them."			What I						Fear Prayer:							
	Self-Esteem	Pride	Emotional	Pocketbook	Ambitions	Personal Relations	Sex Relations	"God please remove my fear of and direct my attention Towards what you would have me be."								
			-													