



## 4<sup>th</sup> STEP WORKSHEET

Made a searching and fearless moral inventory of ourselves.

(Alcoholics Anonymous, Alcoholics Anonymous World Services, Inc.)

- 1. Use the following table to list your resentments:
  - a. Include who and/or what you resent;
  - b. The reason you resent them and/or it;
  - c. How the resentment affects your life;
  - d. Your part, or mistakes, regarding the resentment toward the person(s) and/or thing.

I am resentful of;	For this reason;	How it affects my life;	My part, My Mistakes;





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Attach pages if necessary.







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2. Write a prayer asking (or thanking) for the patience, tolerance and compassion toward the people or things you have resentment toward.

3. Write a prayer asking (or thanking) for the removal of your anger toward the people or things you have resentment toward.



- 4. Use the following table to list your fears:
  - a. Include who and/or what you fear;
  - b. The reason you fear them and/or it;
  - c. How the fear affects your life;
  - d. The solution to being afraid of the person(s) and/or thing.

I am afraid of;	For this reason;	How it affects my life;	Solution;



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Attach pages if necessary.





I am afraid of;	For this reason;	How it affects my life;	Solution;

5. Write a prayer asking (or thanking) for the removal of your fears and for the guidance and courage to follow through on your solutions.



- 6. Use the following table to list your selfish or hurtful sexual behavior carried out in the past:
  - a. Include who and/or what selfish or hurtful sexual behavior you carried out;
  - b. Who you affected as a result;
  - c. What you should have done instead of the selfish or hurtful sexual behavior;
  - d. The solution for committing the selfish or hurtful sexual behavior.

Behavior;	Who it affected;	What I should have done;	Solution;





Behavior;	Who it affected;	What I should have done;	Solution;

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Behavior;	Who it affected;	What I should have done;	Solution;

7. Write a prayer asking (or thanking) for the removal of your harmful sexual behavior in the future and for the guidance and courage to follow through on your solutions.