

4th 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;



SERENE RECOVERY NETWORK

Helping People Help Themselves

HEALTH
INTENTION
SPIRITUALITY
PRUDENCE
ACCURATE THOUGHT
LOVE
SELF-EFFICACY



BALANCED CENTER LIVING

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.

