

4th Step Resentment Inventory

"We listed people, institutions or principles with whom we were angry." (Pg 64 - bottom of page) I'm Resentful at:	"We asked ourselves why we were angry" (Pg 64 - bottom of page) The Cause	"Was it my self-esteem, my security, my ambitions, my personal or sex relations which had been interfered with?" (Pg 65 - top of page) Affects my:	* "Where had I been selfish, dishonest, self-seeking and frightened?" (Pg 67 - 3rd paragraph) My Mistakes:

Sample Only

* Resentment prayers = "This is a sick man. How can I be helpful to him. God save me from being angry. Thy will be done." Or "God, help me to show them the same tolerance, pity and patience that I would cheerfully grant a sick friend." (Pg 67 - top of page)

4th Step Fear Inventory

"We reviewed our fears thoroughly" (Pg 68 - Top of page) I'm fearful of:	"We asked ourselves why we had them. Wasn't it because self-reliance failed us?" (Pg 68 - top of page) The Cause	Was it my self-esteem, my security, my ambitions, my personal or sex relations which had been interfered with? (Pg 65 - top of page) Affects my:	* P	"Where had I been selfish, dishonest, self- seeking and frightened?" (Pg 67 - 3rd paragraph) My Mistakes:

Sample Only

* Fear prayer = "God, Please remove my fear and direct my attention to what you would have me be." (pg 68 - bottom of page)

4th Step Sex Conduct Inventory

"Whom have I hurt?" (Pg 69 - middle of page) Whom have I hurt?	"Did I unjustifiably arouse jealousy, suspicion or bitterness?" (Pg 69 - middle of page) The Cause	"Was it my self-esteem, my security, my ambitions, my personal or sex relations which had been interfered with?" (Pg 65 - top of page) Affects my:	* P	"Where had I been selfish, dishonest or inconsiderate?" (Pg 69 - middle of page) My Mistakes:

Sample Only

* Sex conduct prayer = "God, please mold my ideals and help me live up to them." (Pg 69 - middle of page)