Step Four Inventory Worksheet

Write it on your own, then bring it to your sponsor. Type into the boxes, or print and write by hand.

Start with pages 64–71 of the Big Book.
Work down one column at a time: every name first, then every cause. Need more room? Print extra copies.

1 Resentments

Who or what am I angry at? People, institutions and principles all count.

I'm resentful at	**The cause** What happened?	**What it affects** Self-esteem, security, ambitions, relationships	**My part** Where was I selfish, dishonest, self-seeking or afraid?

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2 Fears

List every fear, even the ones with no resentment attached. Then look for what is underneath.

I'm afraid of	Why do I have this fear?	The root fear Losing something I have? Not getting something I want?

3 Relationships

Look at your own conduct. The goal is a sane ideal for the future.

Who was hurt?	What did I do? Selfish, dishonest or inconsiderate?	What should I have done instead?

4 Assets

An inventory counts what is good, too. What do I do well? Where have I shown up for people?

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