

By The Book - 4th Step Inventory

...a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade.

(Searching)

(Fearless)

(Moral)

RESENTMENTS - Page 64 & 65

In dealing with resentments, we set them on paper.

Column 1

I'm Resentful At:

We listed people, institutions
Or principles with whom we
were angry.

Column 2

The Cause

We asked ourselves why we were angry. In most cases it was
found that our self-esteem, our pocketbooks, our ambitions, our
personal relationships, (including sex) were hurt or threatened.
So we were sore. We were "burned up."

Column 3

Affects My:

On our grudge list we set opposite
each name our injuries. Was it our
self-esteem, our security, our
ambitions, our personal, or sex
relations which had been interfered
with?

List ONE person,
institution or principle
on each sheet.

Column 4 - Our own mistakes - Page 66 & 67

This was our course. We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes... Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely... We admitted our wrongs honestly and were willing to set these matters straight.

Where had we been selfish? (Acting without concern for others.)

Use another sheet when needed.

Where had we been dishonest? (Dishonest to get what I want.)

Use another sheet when needed.

Where had we been self-seeking and frightened? (Afriad I'll lose what I have or not get what I want, so I did something to them.)

FEAR - Page 67 & 68

We reviewed our fears thoroughly. We put them on paper even though we had no resentment in connection with them.

What am I afraid of Losing?

What am I afraid of Not Getting?

We asked ourselves Why We Had Them.

Wasn't it because Self Reliance Failed Us?

NOW ABOUT SEX - Page 68 & 69

We reviewed our own CONDUCT over the years past.

Where had we been Selfish? (In Our CONDUCT)

Where had we been Dishonest? (In Our CONDUCT)

Where had we been Inconsiderate? (In Our CONDUCT)

Whom had we Hurt? (By Our CONDUCT)

Did we unjustifiably arouse jealousy, suspicion or bitterness?

Where were WE at Fault? What should WE have done Instead?
