**My 4th Step Inventory Process**

**Part 1: Grudge List** | **Part 2: Fears List** | **Part 3: Sex Inventory**

**Part 1: Grudge List**

*“Although we work out our solution on the spiritual as well as the altruistic plane….”* *(The Doctor’s Opinion / BB page xxvi)*

* **spir·it·u·al [spir-i-choo-uhl]** *adjective* - of or pertaining to the spirit or soul, as distinguished from the physical nature: a spiritual approach to life.
* **al·tru·is·tic [al-troo-is-tik]** *adjective* - unselfishly concerned for or devoted to the welfare of others ( opposed to egoistic )

**…tells me my solution is found within my spirit (my soul) and is unselfishly concerned with and devoted to helping others.**

Create an inventory of the manifestations of pride & ego (4th column) being careful to stay focused on ONLY where I am wrong (putting out of my mind “their part”). While some may think that the first three columns are the most important – recognition of the 4th column is the only thing that can set me free through the actions I will take in Step 6 & 7 after completing Steps 4 & 5.

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| --- | --- | --- | --- | --- | --- | --- |
| **“Grudge List”** (page 65, 2nd PP, 1st 4 words of the BB) | | | **Inventory** | | | |
| 1st Column | 2nd Column | 3rd Column | 4th Column | 5th Column | 6th Column | 7h Column |
| **My resentments** | **Why I’m resentful** | **This affected my…** Delete those that don't apply | **Defects of character** Delete those that don't apply | **Hurt & Harm** Ways in which I caused hurt and harm | **What could I have done instead?** | **8th Step Prep** Does an amends need to be made?  **(Yes /No)** |
| “I’m resentful at…” | “Because they…” | Self-Esteem, Finances, Ambitions, Relationships | Pride, Anger, Greed, Gluttony, Lust, Envy, Sloth, Fear |  |  |  |
| “I’m resentful at…” | “Because they…” | Self-Esteem, Finances, Ambitions, Relationships | Pride, Anger, Greed, Gluttony, Lust, Envy, Sloth, Fear |  |  |  |
| “I’m resentful at…” | “Because they…” | Self-Esteem, Finances, Ambitions, Relationships | Pride, Anger, Greed, Gluttony, Lust, Envy, Sloth, Fear |  |  |  |
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| “I’m resentful at…” | “Because they…” | Self-Esteem, Finances, Ambitions, Relationships | Pride, Anger, Greed, Gluttony, Lust, Envy, Sloth, Fear |  |  |  |
| “I’m resentful at…” | “Because they…” | Self-Esteem, Finances, Ambitions, Relationships | Pride, Anger, Greed, Gluttony, Lust, Envy, Sloth, Fear |  |  |  |
| “I’m resentful at…” | “Because they…” | Self-Esteem, Finances, Ambitions, Relationships | Pride, Anger, Greed, Gluttony, Lust, Envy, Sloth, Fear |  |  |  |

**6th Column:** As a result of the defects of character that came up in [**column 4]** and the hurt & harm I caused in **[column 5]**, what could I have done differently?

**7th Column:** As a result of the things I did **[column 5]** to harm the person, place or thing **[column 1]**, do I own them/it an amends?

**Part 2: Fears List**

Fear can be defined as a distressing emotion aroused by impending pain or danger. The trigger for this emotion can be real or imaginary, and it may or may not be rational. When people feel fear, they may go into panic mode. This means that they are unable to think clearly or make good decisions. It is usual to view fear as a negative emotion, but it can also be highly beneficial, as it helps to keep humans out of danger.

**INSTRUCTIONS**

1. **Read the Big Book from p.67** (¶3 “Notice the word fear”) **to p.68** (¶3 “outgrow fear”).
2. **List all of your fears.** Take all of your fears you wrote in your Grudge List (Column 4) and make one single list. (Ref. p.68-¶1-L1 “We put them on paper”).
3. **Why do I have this fear?** (Ref. p.68-¶1-L3 – “We asked ourselves why we had them.”)

|  |  |  |
| --- | --- | --- |
| **List of Fears** | **Why Do I Have This Fear?** | **Do I Trust God Will Remove This Fear?** Yes or No. If No, why? |
| “I’m afraid of / I’m afraid that…” | “I have this fear because…” | * Yes * No |
| “I’m afraid of / I’m afraid that…” | “I have this fear because…” | * Yes * No |
| ““I’m afraid of / I’m afraid that…” | “I have this fear because…” | * Yes * No |
| ““I’m afraid of / I’m afraid that…” | “I have this fear because…” | * Yes * No |
| ““I’m afraid of / I’m afraid that…” | “I have this fear because…” | * Yes * No |
| ““I’m afraid of / I’m afraid that…” | “I have this fear because…” | * Yes * No |
| ““I’m afraid of / I’m afraid that…” | “I have this fear because…” | * Yes * No |
| ““I’m afraid of / I’m afraid that…” | “I have this fear because…” | * Yes * No |
| ““I’m afraid of / I’m afraid that…” | “I have this fear because…” | * Yes * No |

**(OPTIONAL) Walking through this exercise, I also became very aware of what I am NO LONGER fearful of....**

1. Insert awareness
2. Insert awareness
3. Insert awareness
4. Insert awareness
5. Insert awareness

**Part 3: Sex Inventory**

**Things to remember when doing the sex inventory:**

* We are building a moral inventory so we look at sex that has gone astray
* We look at areas where selfishness kicks up
* We need to be as general or as specific as we need to be
* We need to remember, it’s not a “brag sheet”
* We can put them in groups or whatever - the main thing is to get a good solid understanding of those things I am not comfortable with, as well as the ideals I want live up to.

**We reviewed our sex conduct over the years past:**

1. Where had we been selfish, dishonest, or inconsiderate?
2. Whom had we hurt?
3. Did we unjustifiably arouse jealousy, suspicion or bitterness?
4. Where were we at fault?
5. What should we have done instead?

**In this way:**

1. We tried to shape a sane and sound ideal for our future sex life.
2. We asked God to mold our ideals and to help us live up to them.
3. We always remember that our sex powers are God-given, and therefore good.
4. We never use them lightly or selfishly - we never despise or loathe them.
5. Whatever our ideal turns out to be, we must be willing to grow toward it.
6. We treat sex like we do any other problem. We ask God what we should do – the right answer will come if we want it.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Person, Situation or Example** | **I was…** *Delete those that don’t apply* | **Did I hurt this person?** (Yes / No) | **I aroused…** *Delete those that don’t apply* | **Where was I at fault?** | **What could I have done instead?** | **8th Step Prep** Does an amends need to be made?  (Yes / No) | **My sane and sound ideal for my future sex life.** |
| **1st Column** | **2nd Column** | **3rd Column** | **4th Column** | **5th Column** | **6th Column** | **7th Column** | **8th Column** |
|  | Selfish  Dishonest  Inconsiderate |  | Jealousy  Suspicion  Bitterness |  |  |  |  |
|  | Selfish  Dishonest  Inconsiderate |  | Jealousy  Suspicion  Bitterness |  |  |  |
|  | Selfish  Dishonest  Inconsiderate |  | Jealousy  Suspicion  Bitterness |  |  |  |
|  | Selfish  Dishonest  Inconsiderate |  | Jealousy  Suspicion  Bitterness |  |  |  |
|  | Selfish  Dishonest  Inconsiderate |  | Jealousy  Suspicion  Bitterness |  |  |  |

**Two Sex Prayers:**

"God, please help me mold my sex ideals and help me to live up to them. Help me be willing to grow toward my ideals and help me be willing to make amends where I have done harm. Lord, please show me what to do in each specific matter, and be the final judge in each situation. Help me avoid hysterical thinking or advice." (69:2, 69:3)

"God, please grace me with guidance in each questionable situation, sanity, and strength to do the right thing. If sex becomes very troublesome, quiet my imperious urge, help me not to yield and keep me from heartache as I throw myself the harder into helping others. Help me think of their needs and help me work for them. Amen."(69:2, 69:3, 70:2)