

REVIEW: Step 4

STEPS by the BIG BOOK

This pamphlet spells out taking Step 4 as described in chapter 5, How It Works from the Big Book, *Alcoholics Anonymous*. The 4th Step inventory is a way of seeing how our character defects, or old worn out defenses, are personal stumbling blocks which can to be cleared out of the way in the Steps that follow. Step 4 is about balance. And so we also recognize our character assets, our positive attributes, and that there is unbounded good in each of us.

Here are hints about how to proceed with Step 4 that have been collected in the workbook and website, Steps by the Big Book, <<http://stepsbybigbook.net>>. These are just suggestions. Please ignore anything that you feel contradicts what you find in the Big Book.

The 12 STEPS of ALCOHOLICS ANONYMOUS

[Optional: the point ; Spiritual Principles]

STEP 1 We admitted we were powerless over alcohol — that our lives had become unmanageable.
[Honesty I have a problem!]

STEP 2 Came to believe that a Power greater than ourselves could restore us to sanity.
[Hope There's help for my problem.]

STEP 3 Made a decision to turn our will and our lives over to the care of God, as we understood Him.
[Trust I make a commitment to follow ALL of the suggestions.]

STEP 4 Made a searching and fearless moral inventory of ourselves.
[Courage Who am I?]

STEP 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
[Integrity I share who I am with someone else.]

STEP 6 Were entirely ready to have God remove all these defects of character.
[Willingness As a result of Step 4, I see things about myself I would like to change.]

STEP 7 Humbly asked Him to remove our shortcomings.
[Humility I start trying to change!]

STEP 8 Made a list of all persons we had harmed, and became willing to make amends to them all.
[Compassion As a result of Step 4, I make a list of people that I mistreated, or for whom I had ill feelings.]

STEP 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.
[Justice If possible, I mend things with these people so that I can get rid of my bad feelings.]

STEP 10 Continued to take personal inventory and when we were wrong promptly admitted it.
[Perseverance I look at ME daily. How am I doing: physically, mentally, emotionally, and spiritually?]

STEP 11 Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
[Spiritual awareness I continue to grow as a human being daily.]

STEP 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.
[Service I try to help other alcoholics/addicts, and to practice what I have learned in all areas of my life.]

NOTES ON STEP 4

When the spiritual malady is overcome, we straighten out mentally and physically. (64: 3)

I ruthlessly faced my sins [blocks to Spirit]. (Bill's Story, 13: 2)

Heard in a meeting: "We need self-acceptance before we can have self improvement."

Problem / Solution / Program of Action

We have come a long way to reach Step 4. We now understand that our problem lies in being powerless over such recurring mental obsessions as the thought that we can drink again in safety, when taking that drink triggers our physical compulsion to drink to excess.

Our solution is to find a power greater than any one of us which can restore us to sanity, health, and wholeness. We come to believe that we can get well.

Our program of action is to turn our life and will over to such a power, of our own understanding, by the discipline of the daily practice of the principles of the Twelve Steps within the AA fellowship. The key to this action is our experience that *our troubles...are basically of our own making*. (62: 2) We have learned that our own reactions to hard times or good times have become self-centered thought-habits that frequently stand in the way of recovery. We learn that with help, we can change these for our own serenity.

Kit of spiritual tools

We have been promised a *kit of spiritual tools*. (25: 1) Step 4 delivers a *process* (64: 1), a *method* (114: 1) and a *treatment* (551: 1) that we can use often on our reactions to past events and present day troubles (Step 10), so we are less likely to pick up a drink and more likely to have peace of mind. While there is hard work ahead, we will be learning a lot about ourselves, and we do not have to dread it. Step 4 is not a test, we cannot fail it. The last thing we need is another chance to beat up on ourselves.

Inventory of Character Assets and Character Defects

[An] *inventory...is an effort to discover the truth about the stock-in-trade.*(64: 1) We are in the business of staying sober, and the ways we think and behave are the stock in trade. We are practicing understanding the exact nature of what we have done in our lives that has worked, and what has not worked, to give us peace of mind. To list our positive qualities we may address questions like these:

- What qualities do I like about myself? That others like?
- What are my values? Which ones am I committed to living by, and how?
- How have I shown concern for others, including myself?
- What spiritual principles am I practicing in my life?
- When have I done the right thing? What are my successes?

[For Step 4 character assets see BB pages 67: 0, 1 and 70: 3. Also see the optional adapted 1946 A.A. *Grapevine* “Character Assets and Character Liabilities checklist” on page 34 of the **Steps by the Big Book** workbook for a sample list of assets.

<<http://stepsbybigbook.net>>]

Blocks to our spirit

The premise of Step 4 is that we have difficulty turning our life and will over because some of our thoughts and behaviors block us from experiencing our spirit – our higher power or our own better nature. We use the Step 4 process in order to identify these habitual blocking thoughts and behaviors in any resentment, fear, or hurtful action. Once we look deeper inside for the source of our old worn out defenses, or patterns, or defects, or shortcomings, which are usually involved in the roles we played in painful life events, then we can move on and change them in the Steps that follow. This enables us to clear a channel choked up with self-centered, dishonest or fearful motives and permits us to return to our search for our higher power's will, not our own, in any moment of stress. (Optional, see *12&12*, 103: 0)

What part of ourselves?

Through practice we learn to focus not so much on who it was that hurt or threatened us, or how they did that, but more on what part of ourselves was disturbed so that we drank, or acted as though we had been drinking. This often relates to feelings associated with our attitudes, personalities and behaviors in reaction to real or imagined threats to our security, our self esteem, or our sex / relationship instincts. We have little control over others and what they do, but we

can change how we habitually react to life events. This is difficult for us. But, if we do not change we may drink. We have to ask for help. We find that help through the discipline of the practice of the Twelve Steps.

Where are we responsible?

We develop new skills in asking where we were responsible in the course of day to day happenings. The Big Book authors never accuse, criticize, or judge us. The purpose of this step is to help us become aware of ourselves as we were in the past and how we are today. We are invited to precisely describe our thinking and behavior. We name our part. We wrestle with spiritual inquiries such as, “Where were my *motives* self-centered or dishonest or at fault?” (86: 2) We must honestly ask what these terms mean to us in our own experience and in our own words. (See 47: 1; 63: 3) We set down a true picture in accurate proportion and real perspective of how we were involved.

We may have been *selfish* intentionally, or because we did not even think of the concerns of others. Certainly we have often lied or not been genuine on purpose, but we are also *dishonest* when we see things only in our own distorted way, and not as they really are. Our *self-seeking* and *inconsiderate* behaviors relate to where we tried to control or manipulate others, thinking that we were better than or inferior to them. *Fear* is our number one character defect, underneath all the others. Our behaviors are driven by ancient fears for our very existence, of losing our security, of not getting our desires, and of being shown up for what we are trying to hide. These culminate in our *faults*: our instincts and emotions in collision, or deep seismic gaps between what we instinctively want for ourselves and what we wish for others. (67: 2, 3; 69: 1)

In Step 4, we practice giving accurate descriptions of what has blocked us from our Spirit. We state where we missed the mark when we could have been on target, and where we were out of bounds in this game of life. Why do we behave in these ways? Because we are alcoholic. (See 60: 2; 338)

Turnarounds

In focused meditation and prayer, we recognize that others like ourselves are sick and suffering. We ask our higher power to help us wish for others and for ourselves that we all may have deep happiness, genuine serenity, and peace of mind. This helps return us to being right size, and gives us a new perspective as we

join in with life. We find that we put our trust in this new faith, not by way of emotion or wishing, but by our own experience through our own practice.

Step 4 Directions: “Who, How, What,” & “Why, When, Where and Willing.”

The directions for Step 4 are in the Big Book, yet surprisingly few alcoholics in recovery comprehend them, and fewer still practice them. Our goal is to do both. Our method is to follow the instructions as written and see what the results are.

The reading describes what an inventory is. (64: 1) Then the Big Book authors look at *the things in ourselves which had been blocking us* (64: 0) from our higher power, which turns out to be *self, manifested in various ways*. (64: 2) This chapter specifically mentions the blocks to our spirit of our *resentments* (64: 3), our *fears* (64: 3), and the consequences of *our own conduct* (69: 1) in the area of *our personal relationships (including sex)*. (64: 3 - 65: 0) For every one of these three manifestations of self (anger, fear, sex) the book has us analyze our life experiences in each of these four ways:

1ST *We set them on paper.* (64: 3) We learn that our troubles are not so much **who** hurt us or **how** they did that, but rather may stem from our own reaction to **what** part of ourselves is being threatened.

2ND *We considered it carefully.* (65: 3) **Why** work to change? We learn that we have to wrestle with these issues or we may drink again and die.

3RD *We turned back to the list.* (66: 3) **When** we are ready to change we learn we must avoid retaliation, and instead see others as being as sick and as worthy as ourselves.

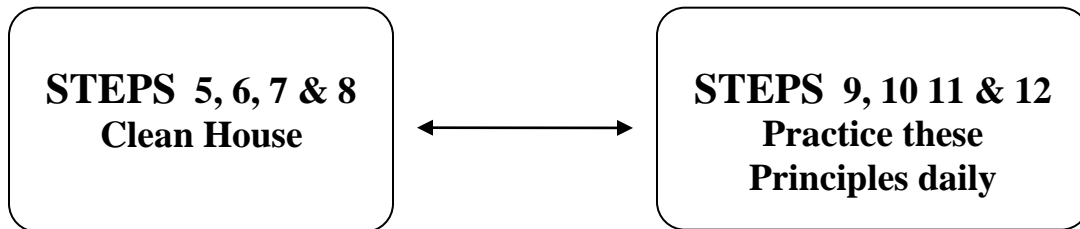
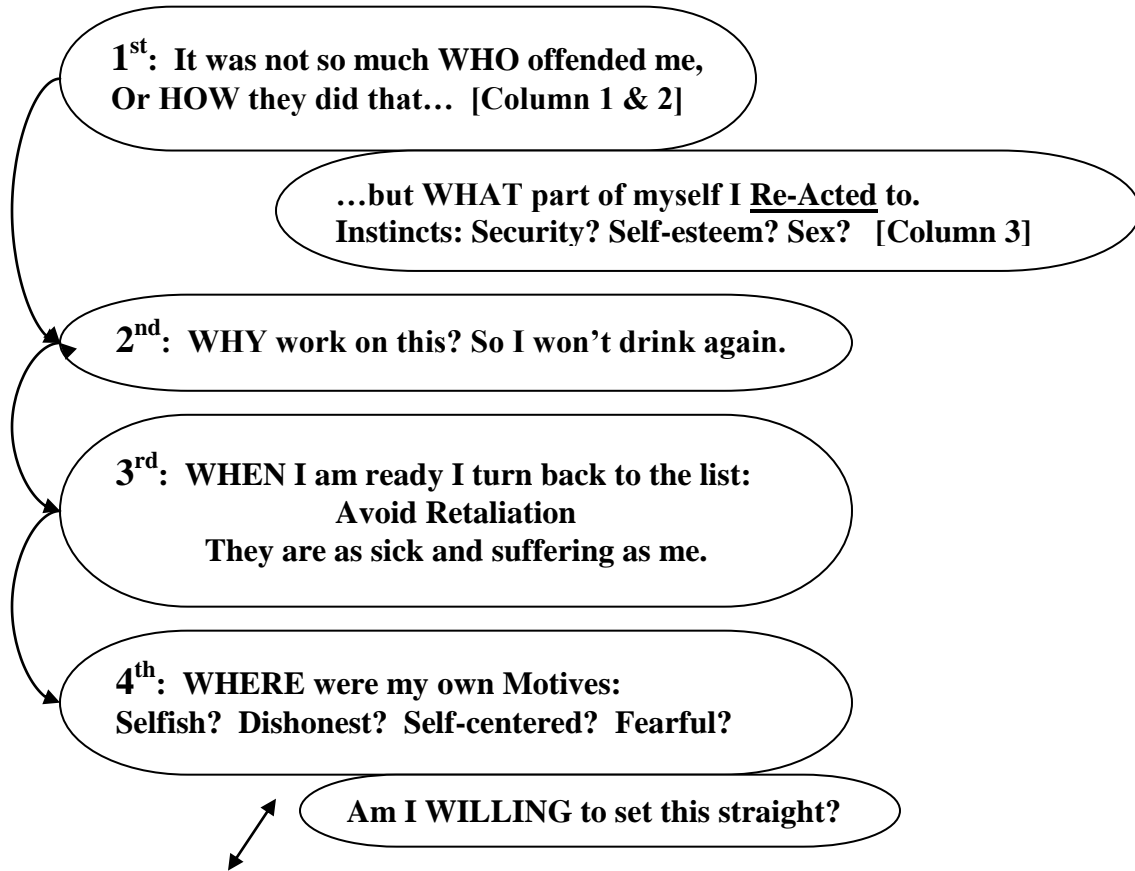
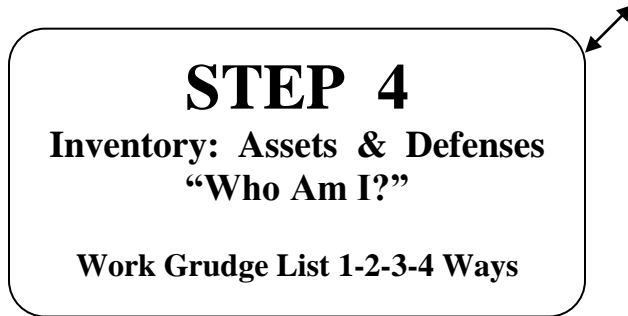
4TH *Referring to our list again.* (67: 2) By examining our *defects and shortcomings* (50: 1), our *motives* (86: 2) and *the exact nature of our wrongs* (59: 2), we learn **where** we may be *selfish, dishonest, self-seeking, and frightened* (67: 2), we thereby become **willing** to set these matters straight. (67: 2)

Each of these four workings of our lists teaches us something from our own experience that can keep us sober and open the way to our own higher power.

For our resentment inventory we will do a close and careful reading of the Big Book pages 64 to 67, which are reprinted next. Also Fears, BB pages 67 to 68. And our sex and relationship conduct: BB pages 68 to 71.

Optional Step 4 written inventory forms are included.

An optional ‘pocket’ Step 4 review guide written by a group member concludes this hand-out.



STEP 4 BIG BOOK ALCOHOLICS ANONYMOUS first page
Chapter 5, HOW IT WORKS – Annotated to show four workings of list

69: 3 "In other words, we treat [resentment, fear or] sex[/relationship conduct] as we would any other problem." [ie: MAKE A LIST, etc.]

[THE FOUR WORKINGS OF OUR GRUDGE LIST 1st-2nd-3rd-4th

1st Who, How & What; 2nd Why; 3rd When; 4th Where & Willing

**1st Who (resentful at?);
 How (hurt us?);
 What (part of self affected?)**

2nd Why (do this work?)

3rd When (ready to change, what do we do?) {Turnaround}

**4th Where (were we at fault?)
 & Willing (to change?)]**

.....
63:4 “Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning,

64:0 “which many of us had never attempted. Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions.

64:1 “Therefore, we started upon a personal inventory. This was Step Four. A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

STEP 4 BIG BOOK *ALCOHOLICS ANONYMOUS* second page

64:2 “We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.

64:3 “**Resentment** is the ‘number one’ offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.

[1st Who; How; What.]

[1st] “In dealing with resentments, we set them ON PAPER. [LIST]

[WHO]

“We LISTed people, institutions or principles with *whom* we were angry.

[HOW did they hurt us]

“We asked ourselves *why we were angry.*

[WHAT part of ourselves was hurt]

“In most cases it was found that *our self-esteem, our pocketbooks, our ambitions, our personal relationships*

65:0 “(including sex) were hurt or threatened. So we were sore. We were ‘burned up.’

[REPEAT:]

[WHO]

65:1 “On our grudge list we set opposite each *name*

[HOW]

“our *injuries.*

[WHAT]

“Was it our *self-esteem, our security, our ambitions, our personal, or sex relations*, which had been interfered with?

STEP 4 BIG BOOK ALCOHOLICS ANONYMOUS third page

65:2 “We were usually as definite as this example:

“I’m resentful at:	The Cause:	Affects my:
.....		
[WHO?	HOW did they hurt me?	WHAT part of self affected?]
“Mr. Brown	His attention to my wife	Sex relat; Self-esteem (fear)
	Told my wife of my mistress	Sex relat; Self-esteem (fear)
	Brown may get my job	Security; Self-esteem (fear)
“Mrs. Jones	She's a nut	Pers relat. Self-esteem (fear)
	She snubbed me	
	Committed her husband for drinking	
	he's my friend	
	She's a gossip	
“My employer	Unreasonable, unjust	Self-esteem (fear)
	overbearing	Security
	Threatens to fire me for	
	drinking etc.	
“My wife	Misunderstands & nags	Pride
	Likes Brown	Sex relations
	Wants house in her name	Security (fear)

65:3 “We went back through our lives. Nothing counted but thoroughness and honesty. When we were finished

[2nd WHY should we look at this?]

[2nd] “**we considered IT [LIST] carefully.** The first thing apparent

66:0 was that this world and its people were often quite wrong. To conclude that others were wrong was as far as most of us ever got. The usual outcome was that people continued to wrong us and we stayed sore. Sometimes it was remorse and then we were sore at ourselves. But the more we fought and tried to have our own way, the worse matters got. As in war, the victor only seemed to win. Our moments of triumph were short-lived.

66:1 “It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. **We found that it is fatal.** For when harboring such feelings we shut

STEP 4 BIG BOOK ALCOHOLICS ANONYMOUS fourth page
ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, *to drink is to die.* 66:2 “If we were to live, we had to be free of *anger*. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison.

[3rd WHEN we were ready... {Turnaround}]

[3rd] 66:3 “We turned back to the LIST, for it held the key to the future. We were prepared to look at it from an entirely different angle. We began to see that [WHO] the *world and its people* really dominated us. In that state, [HOW] the *wrong-doing of others*, fancied or real, [WHAT] had *power to actually kill*. How could we escape? We saw that these resentments must be mastered, but how? We could not wish them away any more than alcohol.

[REPEAT:] 66:4 “This was our course: We realized that [WHO] the *people who wronged us* were perhaps spiritually sick.

67:0 “Though we did not like [HOW] *their symptoms* and [WHAT] 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.”

67:1 “We avoid retaliation or argument. We wouldn't treat sick people that way. If we do, we destroy our chance of being helpful. We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one.

[4th WHERE at fault? & WILLING to set things straight.]

[4th] 67:2 “Referring to our LIST again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we LISTed them. We placed them before us *in black and white* [LIST]. We admitted our wrongs honestly and were willing to set these matters straight.”

STEP 4 Resentment *Grudge List* (65: 1) Inventory Forms

Make multiple copies or expand these templates into your own notebook.

Who? “Who hurt or threatened me?” *I’m resentful at...* (65: 2)

Work down the list from top to bottom, just writing the names at this time. Ignore the Second and Third columns for now. Use multiple pages.

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- | | |
|---------------------------|------------|
| Person | 12. |
| Institution | |
| Principle I resent | 13. |
| 1. | 14. |
| 2. | 15. |
| 3. | 16. |
| 4. | 17. |
| 5. | 18. |
| 6. | 19. |
| 7. | 20. |
| 8. | 21. |
| 9. | 22. |
| 10. | 23. |
| 11. | 24. |

Step 4- Resentment- Fill in Second and Third Columns

Make multiple copies or expand these templates into your own notebook.

1. Who? First Column name: *I'm Resentful At...* (65: 2)

“**Who** hurt or threatened or interfered with me?” Inventory one name at a time.

2. How? Second Column: *The Cause ...* (65: 2)

“**How** did they hurt or threaten or interfere with me?”

Opposite each selected name we write down in four or five words how they hurt us that caused our anger and resentment. We write just in this second column for now.

3. What? Third Column: *Affects My...* (65: 2)

“**What** part of my Self did they hurt or threaten and that I reacted to?”

Opposite each selected name, and every *cause* listed, we succinctly write down in the third column what part of self (security, self-esteem, sex or relationships, etc.), or instinct (64: 3-65: 1), or actor’s role or character (60: 4) was hurt or threatened or in play. Our resentments are part of our reaction to this perceived threat.

1. First Column: <i>I'm resentful at:</i> Who? Who resent?	2. Second Column: <i>The cause:</i> How? The cause?	3. Third Column: <i>Affects my:</i> What? Part of self?

STEP 4 Resentment Turnarounds

For every item in the Third Column we ask, “**Where** am I responsible?”

Make multiple copies or expand in your notebook. [*motives* (86: 2)]

For every Third Column situation or event, and reaction, fill in resentment ‘turnarounds.’

“Where am I responsible?” We write down and share precisely and in detail what our motives were.

- *Putting out of our minds the wrongs others had done, [Second Column] we resolutely looked for our own mistakes. (67: 2)*
- *Where had we been selfish, dishonest, self-seeking and frightened? (67: 2)*

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Where was I selfish? (67: 2) [Concern for self regardless of others. Self-absorbed.]

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Where was I dishonest? (67: 2) [A tendency to deceit, conceal our true character, lack perspective. We believed our own lies.]

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Where was I self-seeking (67: 2) or inconsiderate? (69: 1) [Concern for self over – or under – others.]

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STEP 4 Resentment Turnarounds

Where was I frightened? (67: 2) [Habitual anxiety: Afraid of losing something we have, not getting something we want, or of being found out for who we are.]

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Write our faults. *The inventory was ours, not the other man's.* (67: 2) *When we saw our faults we listed them. We placed them [faults] before us in black and white.* (67: 2)

Where was I at fault? (67: 2) [A seismic gap between our own and others' deeply held values or our own instincts in collision. Out of bounds? Miss the mark?]

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- (Why do we act this way? Because....see p. 338)
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Willing to set matters straight. *Were willing to set these matters straight.* (67: 2)

Step 4 Resentment Turnaround Meditation / Prayer.

[Optional: God bless _____ (including myself), for they are a sick person, and but by your grace, there go I. I pray for their health, happiness, and prosperity. I pray I may show them the patience, tolerance, kindness and love I would want to be shown or that I would show a sick friend. God save me from being hurt, threatened, insulted or angry. How may I help them? May thy will, not mine be done. (See 67: 0; 552: 1)]

STEP 4 **Fear Inventory Form**

The Big Book authors indicate that the best way to deal with our fears is to do exactly what we did with resentments: We write them down; we consider them carefully; we look at what part we played in creating them or in reacting to them; we list what our motives were in playing that part. (See 69: 3; 86: 2)) Expand on this list as desired. Use multiple pages.

The word "fear" ... somehow touches about every aspect of our lives. ... It set in motion trains of circumstances which brought us misfortune we felt we didn't deserve. (67: 3)

.....
Person

Institution

Principle I fear.

"{#1}When did I first have this fear?" (See 68: 1)

- | | |
|------------|------------|
| 1. | 11. |
| 2. | 12. |
| 3. | 13. |
| 4. | 14. |
| 5. | 15. |
| 6. | 16. |
| 7. | 17. |
| 8. | 18. |
| 9. | 19. |
| 10. | 20. |

Step 4- Fears Fill in Second and Third Columns

Make multiple copies or expand these templates into your own notebook

1. First Column: Who threatened me? 1st Fear question: “{#1}When did I first have this fear?” (See 68: 1) Inventory one fear at a time.

2. Second Column: How did they threaten me? 2nd Fear question: “{#2}Why do I have this fear?” *We asked ourselves why we had them. (68: 1)* We literally ask over and over and over for each circumstance and every response, “Why do I have this fear?” “And why do I fear that?” “And what is the reason I fear that?” Etc., etc., etc. We fear for our very existence. *Wasn't it because self-reliance failed us? (68: 1)* We write just in this second column for now.

3. Third Column: What life instincts threatened?

Which of our instinctive social and security and sexual needs and desires were threatened and at play in our reactions? *Our self-esteem, our pocketbooks, our ambitions... our security... our personal or sex relations...were hurt...threatened...[or] had been interfered with. (64: 3 - 65: 0,1) [and we reacted!]*

First Column: Who? <i>Fears- “{#1}When did I first have this fear?”</i> (68: 1)	Second Column: How? <i>Cause- “{#2}Why do I have this fear?”</i> And that one? Etc., etc.	Third Column: What? <i>Affects my- I reacted to threats to these instincts.</i>

STEP 4 Fear Turnarounds

For every Third Column situation and our fear reaction, we fill in our ‘turnarounds.’

Make multiple copies or expand in your notebook.

Where am I responsible? *But did not we, ourselves, set the ball rolling? (67: 3)*
Write our Motives. *Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? (67: 2) [motives (86: 2)]*

We write down and share precisely and in detail what our motives were.

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Where was I selfish? (67: 2) [Concern for self regardless of others. Self-absorbed.]

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Where was I dishonest? (67: 2) [A tendency to deceit, conceal our true character, lack perspective. We believed our own lies.]

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Where was I self-seeking (67: 2) or inconsiderate? (69: 1) [Concern for self over – or under – others.]

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STEP 4 Fear Turnarounds

Where was I frightened? (67: 2) [Habitual anxiety: Afraid of losing something we have, not getting something we want, or of being found out for who we are.]

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Write our faults.

The inventory was ours, not the other man's. When we saw our faults we listed them. We placed them [faults] before us in black and white. (67: 2)

Where was I at fault? (67: 2) [A seismic gap between our own or others' deeply held values or our own instincts in collision. Out of bounds? Miss the mark?]

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- (Why do we act this way? Because....see p. 338)
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Willing to change.

Step 4 Fear Turnaround Meditation / Prayer.

3rd Fear question: “{#3}May I share my feelings and experiences about trusting and relying on the higher power of my understanding?” (See 68: 2, 3)

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[Optional: God of my understanding, I pray that you remove my fear and direct my attention to being who you would have me be today. May thy will, not mine, be done. (See 68: 3)]

STEP 4 Relationship / Sex (pp. 64 – 65) Inventory Forms

Make multiple copies or expand these templates into your own notebook.

Who? Whom had we hurt? (69: 1)

We reviewed our own conduct over the years past. (69: 1) List all the people, institutions, and principles we have caused trouble for through our sexual conduct and relationship behaviors. Work down our list from top to bottom, just writing names for now. Ignore the Second and Third columns for the time being.

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- | | |
|-------------------------|------------|
| Person | 11. |
| Institution | |
| Principle I hurt | 12. |
| 1. | 13. |
| 2. | 14. |
| 3. | 15. |
| 4. | 16. |
| 5. | 17. |
| 6. | 18. |
| 7. | 19. |
| 8. | 20. |
| 9. | 21. |
| 10. | 22. |

Step 4- Inventory Relationships (including Sex) (64-65)

Fill in Second and Third Columns

Make multiple copies or expand these templates into your own notebook.

1, First Column: Who? “Who did I hurt?”

Inventory one name at a time.

2. Second column: How? “How did I hurt them?”

We reviewed our own conduct.... (69: 1) We list all the ways we have hurt others by our conduct. This includes how we hurt someone by having or not having sex with them, or by having sex with someone other than them, or by not being present with them and for them when we are lost in fantasies, etc. We write just in this second column for now.

3. Third Column: What? “What part of self affected?”

What part of my ‘self,’ which of my roles, led to my conduct?: *Our self-esteem, our pocketbooks, our ambitions...our security...our personal or sex relations..., [etc.]* (64: 3-65: 0,1)
We were most often seeking something more than simply sex.

First Column: Who? Name: Who I hurt.	Second Column: How? Cause: How I hurt them.	Third Column: What? What part of myself led me to do what I did.

...

Step 4 Relationship and Sex Turnarounds

For every Second Column and Third Column situation and event, fill in sex and relationship ‘turnarounds.’

Make multiple copies or expand in your notebook.

The nine ‘sex and relationship questions’ [1 – 9]

*We reviewed our own conduct over the years past. **Where** had we been selfish, dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it. (69: 1) [motives (86: 2)]*

.....
[1] **Where was I selfish?** (67: 2) [Concern for self regardless of others. Self-absorbed.]

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[2] **Where was I dishonest?** (67: 2) [A tendency to deceit, conceal our true character, lack perspective. We believed our own lies.]

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[3] **Where was I self-seeking** (67: 2) **or inconsiderate?** (69: 1)? [Concern for self over – or under – others.]

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Where was I frightened? (67: 2) [Habitual anxiety: Afraid of losing something we have, not getting something we want, or of being found out for who we are.]

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[4] **Whom did I hurt?** (69: 1) [To knock, strike, upset, offend.] (See First Column)

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[5] **Where did I arouse jealousy?** (69: 1) [Resentment, envy, and fear of being displaced in one’s affections.]

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Step 4 Relationship and Sex Turnarounds

[6] **Suspicion?** (69: 1) [Expectation or dread of something wrong.]

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[7] **Bitterness?** (69: 1) [Animosity. Grievous to the mind, etc.]

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[8] **Where was I at fault?** (67: 2) [A seismic gap between our own deeply held values or our own instincts in collision. Out of bounds? Miss the mark?]

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[9] **What could I have done instead?** *What should we have done instead?* (69: 1)

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Was I selfish? *We subjected each relation to this test - was it selfish or not?* (69: 2) (Why do we act this way? Because....see p. 338)

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Sane and sound ideals for a future sex / relationship life: *We tried to shape a sane and sound ideal for our future sex life.* (69: 2)

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Am I willing to grow toward these ideals? *Whatever our ideal turns out to be, we must be willing to grow toward it.* (69: 3)

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People with whom I will take counsel on sex / relationship matters: *Counsel with persons is often desirable...* (70: 0)

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Willing to change. Step 4 Relationship / Sex Turnaround Prayers

- We ask God: *We asked God [of our understanding] to mold our ideals and help us to live up to them.* (69: 2)
- We let God: *...We let God [of our understanding] be the final judge.* (70: 0)
- We relax meditate / pray: *In meditation, we ask God [of our understanding] what we should do about each specific matter.* (69: 3) *We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing.* (70: 2)

Step 4 SUMMARY first page

Grudge List – One Group Member’s Pocket SUMMARY

To begin with I read Step 4, pp. 64-71 in *Alcoholics Anonymous* to examine three of my blocks to my higher power: resentment, fear, and the harms done in my relationships / sex conduct.

- ❖ With practice, this inventory method takes me but a moment.
- ❖ I begin and end writing times with meditation / prayer.
- ❖ I list my assets too. I am a good person. I tend to forget that.
- ❖ My reasonable best is good enough.

1.) 1ST Working of Grudge List (64: 3-65: 2): *We set them on paper.*
(64: 3)

A. First Column: WHO? “Who hurt or threatened me?” (see 64: 3)

- ❖ I list the names of people, places, and things that cause me to be angry, irritable, unreasonable, and discontented. I put them all down. At this time I do not say what they did, or why they bother me. I just make the list of who did it.
- ❖ **First Column lesson:** My head is full of resentments. There is no room for conscious contact with my higher power.

Grudge List (See *example* on page 65 of Big Book.)

First Column: Who? Who hurt or threatened me?
<i>Mr. Brown</i>

Step 4 SUMMARY second page

B. Second Column: HOW? “How have they hurt or threatened me?” (see 65: 0)

- ❖ After I am done with the list of names of people, places, and things that make me irritable, unreasonable, and discontent, I am ready to fill in the Second Column. For each First Column name, I state simply how they hurt me, what happened, what they (or I) did that makes me feel the way I do.
- ❖ **Second Column lesson:** It is less who the person is and more how his/her behavior made me angry. May I begin forgiveness of myself and others here?

Grudge List

First Column: Who? Who hurt or threatened me?	Second Column: How? How did they hurt me?
<i>Mr. Brown</i>	<i>May get my job.</i>

C. Third Column: WHAT? “What part of my Self was hurt or threatened, and that I reacted to?” (64: 3, 65: 1)

- ❖ Now for each event in the Second Column, I write down in the Third Column what parts of my Self were hurt or threatened by the person, place, or thing. I consider the ‘three S’s of Self’: Security (material and emotional), Self-esteem (fear for very existence), Sex (and relationship, companionship) instincts. Also the ‘actor’s roles’ I play. How do my own negative feelings and reactions, my own worn out defenses, affect me?
- ❖ **Third Column lesson:** What leads me to a drink is not who or how they hurt me, but the way I REACT to what part of myself that was threatened. My own reactions and my own thought-habits lead me to drink.

Step 4 SUMMARY third page Grudge List

First Column: Who? Who Hurt or Threatened Me?	Second Column: How? How have they hurt me?	Third Column: What? What part of my Self was affected and that I reacted to?
<i>Mr. Brown</i>	<i>May get my job.</i>	<i>Self-esteem (fear) Security</i>

2.) 2ND Working of Grudge List (65: 3-66: 2): **WHY?** “Why must I change?” Resentment is a waste of time. My anger leads to indignation and self-pity. I will drink again if I think this way. If I drink I will die spiritually, mentally, and physically.

3.) 3RD Working of Grudge List (66: 3-67: 1): **WHEN?** “When I am ready, what do I do?” *They, like ourselves, were sick too. We asked God to help us. We avoid retaliation.* (67: 0,1) Relaxation Meditation / prayer. *

4.) 4TH Working of Grudge List (67: 2): **WHERE?** “Where am I responsible?” *Disregard the other person involved entirely.* (67: 2)

- ❖ Now that I have completed the three column chart, I ask myself:
 - What have I done to cause myself to feel this way? When have I done this before? Where were my motives out of bounds?
- ❖ What did I do in my conduct in relationship to this person, place, or thing to cause me to feel irritable, unreasonable, and discontent? Do I have unreasonable expectations? Have I been acting out of fear? What am I afraid of? Do my own reactions lead me to be hurt and to hurt others? How old is my behavior?
 - **Other Columns Lessons:** What is my part? [*motives* (86: 2)]
 - Where was I **selfish** (self-absorbed)?
 - Where was I **dishonest** (believing my own lies, or not genuine)?
 - Where was I **self-seeking** (wanting to control or be controlled by someone else)? (67: 2)

Step 4 SUMMARY fourth page

- Where was I **frightened** (where did reliance solely upon myself fail me)? (68: 1)
 - Where was I **at fault** (out of bounds, or missing the mark)?
 - What could I have done instead? (69: 1,3)
- ❖ Answers to these questions will help me find my character defects, shortcomings, and the *exact nature of our wrongs* that I will address in Step 5 (59: 2). [*We learned that if we were seriously disturbed, our first need was to quiet that disturbance, regardless of who or what we thought caused it. 12&12, 47: 2*]
- ❖ [AND: I may write about how these old worn out defenses blocked me from growing up and growing spiritually – false pride, perfectionism, being phony, selfishness, impatience, self-pity, resentments, intolerance, alibis, dishonest thinking, putting things off, guilt and shame, taking things for granted, etc.]

STEP 4 TURNAROUNDS WILLING to change

* MEDITATION / PRAYER:

- ❖ **Anger:** The one that hurt or threatened me is also a sick person. I deeply wish for them (and me) the same serenity and peace of mind that I would have for myself. God, of my understanding, save me from being hurt, threatened, insulted, or angry. How may I help them? (67: 0; 552: 1) (I say this for myself too)
- ❖ **Fear:** I pray that my fear be removed and my attention directed to being who you would have me be today. May thy will, not mine, be done. (68: 3)
- ❖ **Relationship:** *We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing. (70: 2)*
- ❖ **Willing to change:** Today I may meditate, go to a meeting, talk with my sponsor so I am more open to my higher power and less restless, irritable and discontent. Today I do not have to be hurt or to hurt myself, and I do not have to drink.

Step 4 Notes