

4th Step Format

From the AA "Big Book"

Resentment Inventory

EXAMPLE

I AM RESENTFUL AT?	THE CAUSE OR WHY WE WERE ANGRY?	AFFECTS MY?	WHERE HAD WE BEEN: SELFISH, DISHONEST, SELF SEEKING, OR FRIGHTENED
(People, Principles, Institutions - include your complete grudge list and names of things you are angry at)	(Read top of page 65: "So we were sore. We were 'burned up'.")	(Self Esteem, Personal or Sex Relations, Pride, Security, Ambitions, Pocketbook)	
Examples:			
My Father	He drank too much. Embarrassed me.	Self Esteem, Personal Relationships, Pride, Security, Ambitions, Pocketbook	Afraid
My Wife	She left me and said she did not love me.	All of the above plus Sex	Selfish, Dishonest, Self Seeking, Frightened

4th Step Prayer (p.67): "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

Resentment = To re-feel a grudge. A feeling of indignant displeasure or persistent ill will toward someone we regard as having offended or injured us in the past.

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(continued)

Institutions = Police, Visa, Telephone Co., Treatment Centers, IRS, Governments, etc.

Principles = A comprehensive and fundamental law, doctrine or assumption. Examples: Religious beliefs, God, morals, standards (like no sex before marriage, etc.)

Self Esteem = A confidence and satisfaction in oneself, self respect.

Selfish = Concerned excessively or exclusively with oneself, seeking ones personal gain without regard to others.

Self Seeking = The act or practice of selfishly advancing ones own personal interests or ends.

Security = Freedom from fear or anxiety

Ambitions = A desire for fame, power or wealth. A desire to achieve a particular end.

4th Step Sex Inventory

(Refer to Big Book p.69 second paragraph)

<p>We reviewed our conduct over years past. List names...if you cannot remember, then name the place.</p>	<p>Where had we been SELFISH, DISHONEST, or INCONSIDERATE?</p>	<p>Whom had we hurt?</p>	<p>Did we unjustifiably arouse JEALOUSY, SUSPICION, or BITTERNESS?</p>	<p>Where had we been at fault, what should we have done instead?</p>

Page 69 2nd paragraph, answer the question: "Was it selfish or not?"

Then write down a new FUTURE SEX IDEAL.

Start praying for guidance and direction to achieve this new ideal.

