# 4th Step Inventory Worksheet

Write the names first, all the way down column 1. Then go back and fill in the other columns one at a time. Do this with a sponsor, and pray before you start.

## The four columns, in plain words

- Column 1, I'm resentful at: a person, an institution (a church, a company, the courts) or a principle (a rule or idea you can't stand). One name per row. Don't judge the list yet; just write.
- Column 2, The cause: what they did, in a few words. The facts as you see them, not the whole story.
- Column 3, It affects my: which part of you felt hit. The book names five: self-esteem (how I see myself), security (money, home, safety), ambitions (what I wanted to happen), personal relations (my place with people) and sex relations. Write all that apply.
- Column 4, My part: now set the other person aside and look at yourself. Where was I selfish, dishonest, self-seeking or frightened? What did I do to set the ball rolling, or keep it rolling?

WORKED EXAMPLE

| I'm resentful at | The cause | It affects my | My part (selfish, dishonest, self-seeking, frightened) |
|---|---|---|---|
| *My old boss, Dave* | *Passed me over for a raise and corrected me in front of the crew.* | *Self-esteem, security, ambitions* | *I came in late and hungover more than I admit. I talked about him behind his back. I was afraid of being found out. Selfish and dishonest.* |

## Before you start

- [ ] Read pages 63–71 of your own copy of Alcoholics Anonymous.
- [ ] Pray first. Ask God to show you the truth, not to make you feel worse.
- [ ] Go across one column at a time, not one row at a time. Column 4 comes last.
- [ ] Keep it private and safe. Use initials if you need to.
- [ ] Set a time to go over it with your sponsor. Step Five comes next.

## MY RESENTMENT INVENTORY

| I'm resentful at | The cause | It affects my | My part (selfish, dishonest, self-seeking, frightened) |
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| I'm resentful at | The cause | It affects my | My part (selfish, dishonest, self-seeking, frightened) |
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## WHEN THE COLUMNS ARE DONE

**1.** Looking down column 4, what keeps showing up? Which defect do you see most?

**2.** Which name was hardest to write, and why?

**3.** Who on this list can you start praying for today? Write their names.

## SCRIPTURE

> *"Let us test and examine our ways, and return to the LORD!"*
>
> LAMENTATIONS 3:40 · ESV

> *"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"*
>
> PSALM 139:23–24 · ESV

> *"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."*
>
> EPHESIANS 4:31–32 · ESV