

STEP 4

"MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES."

RESENTMENT (Anger)

“Therefore we started upon a personal inventory. *This was Step Four.* First, we searched out the flaws in our make-up which caused our failure. **Resentment is the 'Number One' offender.**" (p.64, Big Book)

Having just read Chapter 5, "How It Works," now it's our turn to list our resentments. Continue to work on another page if you run out of room on this one:

<i>I'm resentful at:</i> (People, Institutions, Principles)	<i>The Cause:</i> (Why we were angry)	<i>Affects my:</i> (1. self-esteem [fear], 2. security, 3. pocketbook [fear], 4. pride [ego], 5. personal relations, 6. sex relations, 7. ambitions)

Jog My Memory List"

<i>I'm resentful at:</i>	<i>The Cause:</i>		
Family members	Jails/police/etc	Being an alcoholic	Having no communication
School mates	Friends	Withholding sex	Threatens to leave marriage
Religion/churches	Businesses	Being rejected	Cheating
AA group/member	Landlord	Took the kids	Criticizes and nags constantly
Boyfriend/girlfriend	Myself	Being unreasonable	Threatens firing
Employer/fellow employees	Car drivers	Lazy	Thinks he/she is better than me

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.

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 the world and its people really dominated us. In that state, the wrong-doing of others, fancied or real, 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 our addictions.

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? Thy will be done."

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.

Now, transfer the above names to the Step 8 List, which is on Page 5, and list your faults. Do this next, before page 2.

FEAR

"We reviewed our fears thoroughly. We put them on paper." (p. 68) *Have you ever had these fears, going all the way back to childhood?*

Fear of airplane travel	YES _____	NO _____
Fear of insanity	YES _____	NO _____
Fear of sex because I won't measure up	YES _____	NO _____
Fear of children and their unpredictability	YES _____	NO _____
Fear of rejection in social situations, such as talking with members of the opposite sex or asking them out	YES _____	NO _____
Fear of any religions/Higher Powers	YES _____	NO _____
Fear of gambling	YES _____	NO _____
Fear of dentists or doctors	YES _____	NO _____
Fear of growing old or dying	YES _____	NO _____
Fear of losing friends	YES _____	NO _____
Fear of jails and courts	YES _____	NO _____
Fear of financial insecurity	YES _____	NO _____
Fear of addictions not working anymore	YES _____	NO _____
Fear of not being able to stay sober	YES _____	NO _____
Fear of being alone	YES _____	NO _____
Fear of the dark	YES _____	NO _____
Fear of losing something I've got	YES _____	NO _____
Fear of not getting what I want	YES _____	NO _____
Fear of my partner cheating on me	YES _____	NO _____
Fear of getting caught cheating	YES _____	NO _____
Fear of not finding a Higher Power	YES _____	NO _____
Fear of success	YES _____	NO _____
Fear of failure	YES _____	NO _____

Fear of disease YES _____ NO _____
Fear of public speaking YES _____ NO _____
Fear of the future YES _____ NO _____
Fear of the past catching up with me YES _____ NO _____
Fear of people YES _____ NO _____

Continue to add more fears that affect you. Keep listing fears on another page if you run out of room here:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____

If any names of people come up as part of your Fear List, transfer them to the Step 8 list on p. 5. For instance, if you said YES to "Fear of losing friends," put the name of those friends on the Step 8 list and see if any faults come up. Then, continue to the next page, labelled "SEX PROBLEMS."

SEX PROBLEMS

Above all, we try to be sensible on this issue. "We do not want to be the arbiter of anyone's sex conduct. We all have sex problems. We reviewed our conduct over years past. Where we were at fault, what should we have done instead? We got this all down on paper and looked at it." (p.68-69)

Please note that these examples below are not in the Big Book:

<i>Whom had we hurt?</i>	<i><u>WERE</u> we (1) selfish, (2) dishonest, or (3) inconsiderate? Did we arouse (4) jealousy, (5) suspicion or (6) bitterness?</i>	<i><u>WHERE</u> were we selfish, dishonest or inconsiderate? <u>HOW</u> did we arouse jealousy, suspicion or bitterness?</i>
Husband/Wife (or Ex-Husband/Wife)	1, 2, 3, 4, 5, 6	Staying out late without a phone call or letting him/her know where I was.
Boyfriend/Girlfriend	1, 2, 3, 4, 5, 6	Only having sex when I want to.
Old Boyfriend/Girlfriend	1, 2, 3, 4, 5, 6	Flirting with others while in a relationship and/or flirting with other and causing problems.

Now it is your turn to review your conduct. Start by listing names of every person you have been in a relationship with, no matter how casual or serious, and mark down the numbers where you were selfish, dishonest and inconsiderate. Then, finish this inventory in the privacy of your own home and write in detail how you were selfish, dishonest and inconsiderate. Keep working on another piece of paper if you run out of room here. Once you have completed this inventory, transfer the names below to the Step 8 list, which is on p. 5.

<i>Whom had we hurt?</i>	<i><u>WERE</u> we (1) selfish, (2) dishonest or (3) inconsiderate? Did we unjustifiably arouse (4) jealousy, (5) suspicion or (6) bitterness?</i>	<i><u>WHERE</u> were we selfish, dishonest or inconsiderate? <u>HOW</u> did we arouse jealousy, suspicion or bitterness?</i>

STEP 8 LIST

<p>Names from Resentment, Fear and Sex List.</p>	<p>"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. We admitted our wrongs honestly and were willing to set these matters straight." (p.67)</p>

Examples of our Faults

- 1. Character assassination
- 2. Having expectations
- 3. Running away
- 4. Rejected him/her
- 5. Made promises I couldn't keep
- 6. Lie/Steal/ Cheat
- 7. Used money to get what I want
- 8. Keeping the kids away from him/her
- 9. Stop communicating and/or isolation
- 10. Poor response to criticism
- 11. Used sex to get what I want
- 12. Started arguments and fights
- 13. When we use addictions
- 14. Thinking you are better than
- 15. Holding on to resentments

When this list is completed, resume your inventory with Page 2 marked "FEAR."

ONCE YOU HAVE COMPLETED STEP 4...

The goal of this inventory is to show you that you have the problem inside of you, but you also have the answer! The names that you have listed on your Resentment, Fear and Sex Problems lists are NOT your problem; your problem is your reaction to them. This selfish and self-centered reaction is your alcoholism and the root of your troubles. Addictions are used to treat alcoholism, however the side effects become too great.

Another goal with Step 4 is to show you how intolerant you are to anything and everything that disturbs your ego. The Big Book tells us that "love and tolerance of others is our code" (p.84). But in order to learn how to put that code into practice, you have to move forward with the rest of this program. In order to turn your life around and not repeat your intolerant past, you have to follow the steps all the way through Step 12.

Remember that, as part of Step 3, you agreed to work steps 4 through 9 to re-create your life, and Steps 10 through 12 to give you the tools necessary to live without addictions. Now that you have your inventory in black and white, you are on your way!

So, once you are done with Step 4, schedule your 5th Step at once, to admit to God, yourself and another human being the exact nature of your wrongs. We recommend a priest, minister or rabbi. Continue to work Steps 10, 11 and 12. Continue to "play dead." This will put the stones in the proper place so you can continue to recover from your disease and help others to do the same.