

4th Step

1. **Precisely** follow the Big Book's 4th Step instructions. Review pages 64-71. Title the top of your paper as follows "We were usually as definite as this example:" (Keep pages in order and numbered)

I'm resentful at: **The Cause:** **Affects my:** **My part:**

2. Under the column . . . ***I'm resentful at. List*** People, institutions, or principles with whom you were angry at. Going down the list leave several lines between each name, item; etc. (Refer to page 65)

3. Under the column . . . ***The Cause*** "On our grudge list we set opposite each name our injuries." Ask yourself why you were angry. Notice under The Cause on page 65 it is not a history of events, it is to the point. One or two sentences.

4. Under the column. . . ***Affects my:*** State what was threatened. "Was it our self-esteem, our security, or our ambitions, our personal, or sex relations, which had been interfered with?" (Select from the list below and/or add to it.)

"Affects my . . ."

Self-esteem (fear)	Sex relations	Security (fear)
Personal relationships	Pride	Ambition/Motivation
Relationship with God	Peace, serenity	Quality of Life
Sense of well being	Fear of abandonment	

5. Under the column . . . ***My Part in it:*** State your part. "Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. 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." (Select from the list below and/or add to it.) (Page 67).

"My Part in it . . ."

Jealous/covetous	Frightened	Vain	Self-seeking
Self-Righteous	Back stabbing	Selfish	Gossipy
Egotistical	Guilty	No boundaries	Prideful
Self justifying	Dishonest	Resentment	Greedy
Two faced	Angry	Controlling	Insensitive
Gluttonous	Possessive	Competitive	Lustful
Self pitting	Antagonistic	Envy	Helpless
Manipulative	Slothful	Victim	Unapproachable
Arrogant	Petty	Uncaring	Grandiose
Judgmental	Self will	Procrastinate	

6. When the above is complete; Refer to page 68 "We reviewed our fears thoroughly. We put down on paper . . ." Write on the question asked. Review AA 12&12 answer applicable questions.

7. On a **separate** sheet of paper copy the list from ***I'm resentful at.*** This will be used in your 8th and 9th Steps. During the 5th Step we will develop your personalized 10th Step. (Bring this form with you.)