

DEFINITIONS OF WORDS USED IN STEP FOUR

AMBITION	Our goals or plans for the future, or what we want or wanted.
ARBITER	One chosen to judge.
BITTERNESS	Pain, suffering, ill will or regret.
DEFECT	Lack of something necessary for completeness. Same as shortcoming - what blocks me off from God and others.
DISHONEST	The act/practice of telling a lie, cheating, deceiving, stealing. Perception not based in reality or truth.
EXACT	Very accurate, precise, correct.
FATAL	Causing death.
FAULT	Something done wrongly, an error or mistake.
FEAR	A feeling of anxiety, doubt, insecurity, dread, agitation, uneasiness or apprehension. Feeling threatened, scared, jealous, nervous, anxious or defensive. You may find more fears if you ask yourself, "When am I most tempted to be dishonest? What are my 'concerns' and what do I worry about?"
FINITE	Limited.
FRIGHTENED	A temporary or continual state of fear. See above definition for fear.
FUTILITY	Uselessness.
HARM	Damaging/diminishing people (physically, mentally, financially, emotionally, and/or spiritually) or things, sexual misconduct (using our sexual energy in harmful/selfish/casual ways), physical or verbal attack, stealing (taking that which is not offered), dishonesty, gossip, half-truths, being inconsiderate or offensive, not showing up fully for those dependant on us, not taking good care of our body or mind. (See Step 8 in AA 12 & 12 for other ways we harm).
IDEAL	Goal, aim, conception, standard, mental image; our biggest and best idea.
INCONSIDERATE	Without thought or consideration of others.
INFINITE	Without limits, boundless.
INSTITUTION	Significant practice or relationship in a society or an established organization or corporation, especially of public character.
INVENTORY	Written list of items (used to evaluate personal characteristics).
JEALOUSY	Feeling of rivalry, unfaithfulness, or the loss of another's exclusive devotion.
MISTAKE	A wrong action or statement (caused by faulty judgment).
MOLD	To give shape to, to exert influence on.
MORAL	Honest, truthful. Relating to the practice, manners, or conduct of men/women, as social beings, in relation to each other, and with reference to right and wrong.
NATURE	The essential characteristic of something (root cause, the truth of where the wrong began – what created the wrong).
PARADOXICALLY	A statement that seems contradictory or opposed to common sense, but is true.
PERSONAL RELATIONSHIPS	My relations with other human beings and the world about me.
POCKETBOOK	Anything of a material nature (money, property, buildings, jewelry, etc.)
PRIDE	Image or ego. An excessive and unjustified opinion of oneself: either positive (self-love) or negative (self-hate). An alcoholic's pride is usually based on how we think others view us.
PRINCIPLE	Rule or code of conduct, fundamental law or assumption.
RESENTMENT	Comes from the Latin word "sentire" which means "to feel", and when you put "re" in front of any word, it means "again", so the word resent means "to feel again".
SANE	Healthy, able to appraise the effect of one's actions.
SECURITY	My general sense of personal well being, usually based on my demand for my own way: either to dominate those about me or to become overly dependent upon them. Has two possible viewpoints – financial security or emotional security.
SELF-CENTERED	Occupied or concerned only with one's own affairs.
SELF-ESTEEM	What I think of myself, how I view myself: either high (positive = self-love) or low (negative = self-hate).
SELFISH	Concerned with one's own welfare or interests and having little or no concern for others.
SELF-SEEKING	Constant looking to further one's own interest.
SHORTCOMING	Falling short of what is expected or required. Same as defect - what blocks me off from God and others.
SOUND	Showing good judgment, healthy, free from flaw or defect.
SUBJECTED	To study motive.
SUSPICION	To have doubt or mistrust, with little or no proof.
WRONG	Judging, believing or acting incorrectly.

Step Four Prayer – "God please help me with this, show me what I need to know. Please protect me, You will not mine be done. Thank You." (Please say this pray along with the Third Step Prayer each time you start writing, when you run out of thoughts on what to write, and at each new inventory sheet.)

Step Four Resentment Prayer: "God, (name), is perhaps a spiritually blocked person. Whether they are or not, this resentment is blocking ME spiritually. Please help me to show (name) the same tolerance, compassion, and patience that I would cheerfully grant a sick friend. Please forgive me for being angry and enable me to stop clinging to this resentment. Please remove this resentment and show me how to take a kindly and tolerant view of (name). Please show me how I can be helpful to (name). Thy will be done!" (Pray this prayer for each person toward whom you have a deep resentment each morning until you know in your innermost being that each resentment has been removed. Then cross the name off the list. Continue these prayers until all names have been removed. It was my experience that this may take several weeks or months, but it works.)

Step Four Fear Prayer – My Creator, please allow me to identify and honestly review my fears, to see underneath their symptoms to their root cause. Please give me the courage to let You demonstrate through me what You can do.

RESENTMENT INVENTORY PROMPT SHEET

Here is a list of people, institutions and principles that may be helpful in your Resentment Inventory. Feel free to add to this list for it is certainly not complete.

PEOPLE

Father (Step)
Mother (Step)
Sisters (Step)
Brothers (Step)
Grandfather (Step)
Grandmother (Step)
Aunts
Uncles
Cousins
Clergy
Police
Lawyers
Judges
Doctors
Employers
Employees
Co-Workers
In-Laws
Husbands
Wives
Creditors
Childhood Friends
School Friends
Teachers
Life Long Friends
Best Friends
Acquaintances
“Bible-Thumpers”
Girl Friends
Boy Friends
Parole Officers
Probation Officers
A.A. Friends
“Weak AA”
Friends in the Military

INSTITUTIONS

Marriage
Church
Religion
Races
Law
Authority
Government
Education System
Hospitals
Health Care System
Correctional System
Mental Health Sys.
Welfare
Philosophy
Nationality
Rehabs
Mental Institutions
I.R.S.

PRINCIPLES

God (or any Deity)
Bible
Retribution
Ten Commandments
Satan
Death
Life after death
Heaven
Hell
Sin
Adultery
Golden Rule
Original Sin
Seven Deadly Sins
Love, honor, obey
Reciprocity Theory
Twelve Steps
Twelve Traditions
Twelve Concepts
“Do unto others...”
“Can’t be too thin”
“Love thy neighbor”
“Don’t put off until tomorrow...”
Old guiding sayings

RESENTMENT INVENTORY

<p>I listed people, institutions and principles with whom I am angry. (64:3)</p> <p>I am resentful at: (This includes grudges, regrets, envy, prejudices, and those we're annoyed with, agitated by, or that "let us down".)</p>	<p>I asked myself why I am angry? (64:3)</p> <p style="text-align: center;">The Cause</p> <p style="text-align: center;">(Do not minimize here or be "spiritual" or nice. Allow yourself to be as critical, as judgmental or as petty as you feel.)</p>	<p>In most cases it was found that the following was hurt, threatened or interfered with. (See pg. 4 definitions & put X in boxes below if affected.)</p> <p>Affects my: (64:3, 65:1)</p>	<table border="1" style="width: 100%; height: 100%; border-collapse: collapse; text-align: center;"> <tr> <td>S</td><td>E</td><td>P</td><td>S</td><td>A</td><td>P</td><td>P</td><td>R</td><td>S</td><td>R</td> </tr> <tr> <td>E</td><td>S</td><td>O</td><td>E</td><td>M</td><td>R</td><td>E</td><td>E</td><td>E</td><td>E</td> </tr> <tr> <td>L</td><td>T</td><td>C</td><td>C</td><td>B</td><td>I</td><td>R</td><td>L</td><td>X</td><td>L</td> </tr> <tr> <td>F</td><td>E</td><td>K</td><td>U</td><td>I</td><td>D</td><td>S</td><td>A</td><td>A</td><td>A</td> </tr> <tr> <td></td><td>E</td><td>E</td><td>R</td><td>T</td><td>E</td><td>O</td><td>T</td><td>T</td><td>T</td> </tr> <tr> <td></td><td>M</td><td>T</td><td>I</td><td>I</td><td></td><td>N</td><td>I</td><td>I</td><td>O</td> </tr> <tr> <td></td><td></td><td>B</td><td>T</td><td>O</td><td></td><td>A</td><td>O</td><td>O</td><td>N</td> </tr> <tr> <td></td><td></td><td>O</td><td>Y</td><td>N</td><td></td><td>L</td><td>N</td><td>N</td><td>S</td> </tr> <tr> <td></td><td></td><td>O</td><td></td><td>S</td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td></td><td></td><td>K</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>	S	E	P	S	A	P	P	R	S	R	E	S	O	E	M	R	E	E	E	E	L	T	C	C	B	I	R	L	X	L	F	E	K	U	I	D	S	A	A	A		E	E	R	T	E	O	T	T	T		M	T	I	I		N	I	I	O			B	T	O		A	O	O	N			O	Y	N		L	N	N	S			O		S								K								<p>(**Please pray the Resentment Prayer on pg. 1 before doing this column.**)</p> <p><u>Putting out of my mind the wrongs others had done</u>, I resolutely looked for <u>my own</u> mistakes. Though a situation had not been <u>entirely</u> my fault, I <u>try to disregard the other person involved entirely</u>. Where had I been selfish, dishonest (with myself and others), self-seeking and frightened? Where was I to blame? (67:2)</p> <p>Included here might also be: 1-What are the actions I took or failed to take in relation to this resentment which resulted in harms to others or my own failure to grow, to develop, and to become secure in my own person? 2-Am I failing to spot and check my tendency to provoke or create a victim situation, and what's in it for me if I remain the victim? In other words, where did I put myself in a position to be hurt, and how was I trying to play God?</p>
S	E	P	S	A	P	P	R	S	R																																																																																															
E	S	O	E	M	R	E	E	E	E																																																																																															
L	T	C	C	B	I	R	L	X	L																																																																																															
F	E	K	U	I	D	S	A	A	A																																																																																															
	E	E	R	T	E	O	T	T	T																																																																																															
	M	T	I	I		N	I	I	O																																																																																															
		B	T	O		A	O	O	N																																																																																															
		O	Y	N		L	N	N	S																																																																																															
		O		S																																																																																																				
		K																																																																																																						

FEAR INVENTORY PROMPT SHEET

Here is a list of fears that may be helpful in your Fear Inventory.
Please feel free to add to this list for it is certainly not complete.

Fear Of Abandonment	Fear Of Not Being In Control
Fear Of Acceptance	Fear Of Not Having Sex
Fear Of Anger	Fear Of Not Having Enough \$
Fear Of Animals	Fear Of Not Having A Job
Fear Of Authority	Fear Of Parents
Fear Of Being Alone	Fear Of People
Fear Of Being Found Out	Fear Of Physical Pain
Fear Of Being In A Relationship	Fear Of Police
Fear Of Change	Fear Of Public Speaking
Fear Of Confrontation	Fear Of Other Races
Fear Of Creditors	Fear Of Rejection
Fear Of Crying	Fear Of Relapse
Fear Of Disapproval	Fear Of Religion
Fear Of Diseases	Fear Of Responsibility
Fear Of Doctors	Fear Of Sex
Fear Of Drowning	Fear Of Sin
Fear Of Dying	Fear Of Sobriety
Fear Of Failure	Fear Of Stealing
Fear Of Fear	Fear Of Success
Fear Of Feelings	Fear Of The Truth
Fear Of Gangs	Fear Of The Unknown
Fear Of Gays	Fear Of Violence
Fear Of Getting Old	Fear Of Wealth
Fear Of God	Fear Of Women
Fear Of Gossip	Fear Of Working
Fear Of Government	Fear Of Writing Inventory
Fear Of Guns	Fear That There Is No God
Fear of Having Children	
Fear of Having No Children	
Fear Of Heights	
Fear Of Hospitals	
Fear Of Hurting Others	
Fear Of Insanity	
Fear Of Insects	
Fear Of Insecurity	
Fear Of Intimacy	
Fear Of Jail	
Fear Of Lies	
Fear Of Living	
Fear Of Loneliness	
Fear Of Losing A Child	
Fear Of Losing A Spouse	
Fear Of Losing A Parent	
Fear Of Love	
Fear Of Making Amends	
Fear Of Men	
Fear Of Not Being In A Relationship	

FEAR INVENTORY

<p>I listed my fears. (68:1) (Remember to include the fears identified in the Resentment Inventory, and consider the opposite of the fear.) See Fear in "Definitions of Words Used in Step 4".</p>	<p>I asked myself why I had them. (68:1) (The justification you tell yourself for having the fear, usually another underlying fear. A real or perceived sense of loss or loss of control.)</p>	<p>But did not I, myself, set the ball rolling? (67:3) How did self-reliance fail me? (68:1) How am I contributing to the fear? This includes considering if my own selfishness and self-centeredness was involved. (62:1) (This is similar to the fourth column of Resentments. Also, is the fear imagined or real?)</p>	<p>Just to the extent that we do as we think God would have us, and humbly rely on Him, does He enable us to match calamity with serenity. <u>We ask God to remove our fear & direct our attention to what He would have us be.</u> What, perhaps, is a better way? (68:2 & 3)</p>

SEX & HARMS INVENTORY

Whom did I hurt? (69:1) (Directly or indirectly. Perhaps begin with the people you've had sex with and then branch out to all relations, even those not involving sex.)	Did I unjustifiably arouse (in THEM): (69:1)			I reviewed <u>my own</u> conduct over the years past. Where was I at fault? Where had I been selfish, dishonest or inconsiderate? (69:1) What were/are my motives? (70:1) (Remember to go back and put on the Fear Inventory any new fears you find while reviewing your past sex & harms conduct.)	What should I have done instead? (69:1)
	J E A L O U S Y	S U S P I C I O N	B I T T E R N E S S		

RELATIONSHIP IDEAL

Now about sex. Many of us needed an overhauling there. But above all, we tried to be sensible on this question. It's so easy to get way off the track. Here we find human opinions running to extremes - absurd extremes, perhaps. One set of voices cry that sex is a lust of our lower natures, a base necessity of procreation. Then we have the voices who cry for sex and more sex; who bewail the institution of marriage; who think that most of the troubles of the race are traceable to sex causes. They think we do not have enough of it, or that it isn't the right kind. They see its significance everywhere. One school would allow man no flavor for his fare and the other would have us all on a straight pepper diet. We want to stay out of this controversy. We do not want to be the arbiter (judge) of anyone's sex conduct. We all have sex problems. We'd hardly be human if we didn't. What can we do about them?

During and after the sex inventory, we try to shape a sane and sound ideal for our future sex life. We subject each relation to this test - is it selfish or not? We ask God to mold our ideals and help us to live up to them. We remember always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed.

Whatever our ideal turns out to be, we must be willing to grow toward it. In other words, we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it.

God alone can judge our sex situation. Counsel with persons is often desirable, but we let God be the final judge. We realize that some people are as fanatical about sex as others are loose. We avoid hysterical thinking or advice.

To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing. If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the impuriose (which means "urgent") urge, when to yield would mean heartache.

(pages 68-70)

Since it suggests that we come up with a future sex (relationship) ideal, please use this form to develop one. For you, what would be the ultimate? What is usually included here are: 1) ideal attributes and behaviors in OURSELVES that we would like to bring to a relationship, 2) ideal attributes and behaviors that we would look for in SOMEONE ELSE that we might consider having a relationship with. (If you are currently in a relationship, #2 would then become: positive attributes and behaviors that my partner already has that I can appreciate and notice more.), and 3) attributes and behaviors that would describe what an ideal relationship would generally look like.