

Clancy I.'s 4th Step Inventory

Clancy I. from Venice CA has probably worked with more alcoholics than any other person in AA today. In 1991 he was recorded doing a 12 Step Study weekend in Canada & he shared a 4th Step inventory that he sometimes uses. I am not promoting this 4th Step (I've only ever recommended using the AA Big Book's clear-cut directions) nor am I suggesting that it should be considered to be an AA 4th Step. I am merely sharing an alternative technique that someone uses. He asks his sponsees to answer these seven questions:

- 1) In looking back over your life, what memories are still painful, are still guilt ridden, are still "dirty"?
- 2) In what ways today do you feel inadequate as a person?
- 3) Who do you resent and why? Be as specific and nasty as you can.
- 4) What do you conceive to be the ongoing and/or recurring problems in your human relationships?
- 5) What do you consider to be your defects of character as you see them?
- 6) What would say today are your goals in life, whether realistic or not?
- 7) How do you think AA can in any way possibly help you in a start toward any of these goals?