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The 4th Step in Alcoholics Anonymous asks members to make “a searching and fearless moral inventory of ourselves.” This request is not an arbitrary one but has been proven to be essential in establishing a sound foundation for recovery. What this step really asks of the member is much deeper and thorough than anyone may realize at the outset, but with a little diligence and support from a sponsor, the benefits are well worth the effort. First Things First As you may have heard already in the program: “first things first.” Be sure that you are properly set up to work on your 4th Step by having fully gone through the first three steps with another program member. Only after this initial work in the program is the process of creating a workable 4th Step possible. There may also be some fear of the 5th Step, in which a member must divulge the contents of their 4th Step to another individual (ideally their sponsor), that inhibits the work of the fourth. First, worry about executing the 4th Step in a thorough manner, and then work through your fears about having to share it with someone else. In the 4th step, we must take the time to analyze how we’ve used the three most basic urges in life—our social, security, and sex instincts. The Big Book of Alcoholics Anonymous specifically mentions the importance of putting the aspects of the 4th Step down in “pen and paper.” That is, this inventory cannot and should not be an oral inventory. The program member must see his or her inventory on paper in front of them to ensure thoroughness and coherence in their thoughts about themselves and others. The 4th Step inventory should contain three critical parts: resentments, fears, and sexual conduct/harm done to others. 1. Resentments List any thoughts, experiences, memories, ideas, beliefs, or observations from your entire life that currently cause you negative emotional or mental experiences. This does not necessarily include the negative mental or emotional impulses that cause you to drink, but the thoughts you harbor that cause detrimental emotional or mental experiences from the past to the present. Usually, resentments are oriented towards a person, object, place, or thing and, in this sense, having a specific list via pen and paper is essential for listing these items. Don’t forget that part of this process includes taking an honest look at resentments towards yourself, as well as resentments or reservations that you may have about things relevant to the program, such as the program itself or a Higher Power. 2. Fears Listing your fears may feel like an endless task. However, you may be amazed at how they seem to dissipate the moment you jot them down. Of course, there are some fears that are not as easily removed or even identifiable, but that is why you have a sponsor to help you in the process. Some helpful thoughts when considering your fears include asking yourself, “What do I fear today?” Then move forwards and backward and ask yourself, “What do I fear from the past?” and “What do I fear about the future?” 3. Sexual Conduct/Harm Done to Others Depending on your temperament, this section can prove somewhat unnerving. However, experience has shown that sexual conduct is intimately linked to our views of ourselves and our views of others. In this sense, a thorough exploration of our sexual conduct in the past, especially as it relates to exposing character flaws or blemishes in us is essential. Many program members suffer from long-standing and repressed resentments, shame, and insecurity due to prior sexual experiences, which lingers for years below the surface. The 4th step is all about bringing these lingering fears, worries, shames, and elements of anger to the surface for an honest examination. The goal of ridding ourselves of these harmful pieces of our emotional and mental lives makes this process very worthwhile indeed. The biggest challenge for those engaging in a first 4th step is relinquishing the notion of righteous anger, justifications for their harmful actions or rationalizations that minimize the harms caused. What we desire above all is honesty, thoroughness, and a completely critical look at ourselves, which refuses to excuse the harms that we may have caused to ourselves or others. If you or someone you know is seeking help from alcohol addiction, please visit our directory of treatment centers or call 800-772-8219 to start the path to recovery today. While every step in the 12-step program presents a unique set of challenges, Step Four in Alcoholics Anonymous has gained notoriety as being the “scary” step. This is the step that requires you to take a long, hard, honest look at your character flaws. It can feel overwhelming and frightening but can also serve as a powerful tool you can use to maintain your sobriety. At this stage in your recovery, you’ve already worked through Steps One through Three. In the process, you’ve accepted that you’re powerless over alcohol or drugs, that God or your personal higher power could help you achieve sanity and that you’ve put your faith in your God or higher power. The idea is that you’ve been sober long enough to honestly and humbly examine how you came to be an addict, what kept you addicted and what needs to change in your life moving forward. Let’s examine a Step 4 resentment example and give you the tools to pursue your own. What Does “Make a Searching and Fearless Moral Inventory” Mean? Working Step Four means examining how your own thoughts, feelings, beliefs and behaviors have made you an active participant in your own addiction. Taking personal responsibility is difficult for anyone, but for addicts, it’s especially tough. One of the common traits of all addicts is a tendency to see themselves as victims. They’re stuck in a vicious cycle of “stinkin’ thinking” that justifies their substance abuse and addictive behavior. This can mean anything from feeling the need to drink to deal with a stressful workplace to using to numb the pain of a dysfunctional marriage or getting high to cope with memories of an abusive childhood. Step Four requires you to break down your thoughts and life experiences, looking at critical issues, including feelings of resentment, harm you’ve caused others, your feelings of fear and your sexual conduct. This includes listing all the ways you’ve avoided taking personal responsibility, misdirected your anger, felt ashamed by things you’ve done or failed to do and let fear rule your life. Creating a comprehensive personal inventory of all the situations, thoughts and feelings that fuel your addiction and perpetuate unhealthy behaviors gives you the perspective you need to take ownership of your problems and stop blaming others. Once you’ve made that list, you then need to look at each item and ask yourself what your role was in the situation. What did you do to contribute to your addiction? What were you thinking and feeling? Remember, Step Four isn’t about finding solutions. It’s about self-reflection, honesty and taking responsibility for yourself. Ready to start? More questions about treatment? How Do You Complete Step Four? Like all the other steps in a 12-step program, there’s no right or wrong way to complete Step Four, and that can be frustrating for program participants. In fact, the actual process used to work Step Four is one of the most debated issues among fellowship participants. The bottom line is that you’re free to use whatever process works best for you, as long as you’re completely truthful with yourself and trust in the steps. There are a number of suggested methods, guidelines and even digital templates you can use for reference. Your sponsor may have a particular way they recommend, and your recovery community is a good source for finding a way to work Step Four that fits you. The important thing to keep in mind is that you’re creating a written record that serves as a cornerstone for your entire recovery journey. Many addicts keep their journal from Step Four their entire life, using it as a tool to keep themselves grounded when they find themselves reverting to old negative thought patterns and destructive behaviors. Honesty is Critical in Step Four Regardless of how you choose to complete Step Four, always remember that you need to be thorough when writing down your inventory. Your writing ability doesn’t matter, and the more time and effort you put into this, the more likely you’ll avoid falling into old patterns of destructive thoughts and actions. It’s not uncommon for addicts to take weeks or even months to complete their work on Step Four. That’s okay. After all, this isn’t a race. There’s no reward for plowing through your steps. Given the fact that work on Step Four can be emotionally draining, bring up painful memories and even trigger problems with anxiety, depression and post-traumatic stress disorder, it’s critical that you take the time to work at your own pace. Make sure you have the support you need in your life, lean on your sponsor and be aware of yourself while working Step Four. And don’t hold back. Failing to be fully honest about your shortcomings is another form of self-sabotage, and it only serves to undermine your success in the 12 steps of AA. Question to Ask Yourself in Step 4 Addiction is a mental condition driven by many factors, including fear and resentment. You may use alcohol and other drugs to contain the pain and anger you feel toward some people, things and situations. Similarly, fear can be an enemy to your sobriety, as you may feel the urge to drink or use something stronger when you’re afraid or anxious. Taking a fear and resentment inventory in Step 4 of the 12-Step Program is crucial to discovering the negative thought patterns contributing to your addiction. Taking a Resentment Inventory To create a Step 4 resentment example, write down the name of the person or thing you’re angry with. Provide a brief explanation of the event that led to your resentment and how it affected you. Finally, look beyond your hurt and analyze your role in the situation. These questions can help you flesh out all your 4th Step resentment inventory examples: What did I say or do before the event in question? What happened during the event? What did I feel or do during and after the situation? Which parts of the situation are entirely my fault? Do I use the situation to justify my negative feelings and actions? Creating a Fear Inventory A fear inventory is an analysis of the things that hold you back, both in the recovery process and in other areas of your life. Fear can make you pause, freeze or regress to bad habits. Facing your fears uncovers your true desires and helps you devise ways to fulfill them. Some contents of the fear inventory in AA are derived from the 4th Step resentment inventory examples. Look at the answers you provided in each Step 4 resentment example you listed to see where fear drove the actions that led to your pain and anger. You should also look beyond the resentment inventory to see the role of phobias and anxieties in your current life. Ask yourself: What is the name of this fear? Why do I have this fear? How does it affect me? How and why do I keep feeding this fear? Why do I want to avoid this fear? How can I get past this fear? Why Is Step Four Important for Recovery? Step Four is important for recovery once completed, it’s virtually impossible for an addict to revert back to blaming other people for their addiction, destructive behaviors and everything that’s gone wrong in their lives. Success in recovery depends on taking full ownership for your actions, and completing a moral inventory is a critical part of this process of accepting personal responsibility. Step Four isn’t about feeling bad. It’s about learning what led you to where you are and understanding what changes you have the power to make in your life. Begin Your Recovery Journey at FHE Health When you’re ready to take control of your life and get the help you need to deal with your alcohol, drug or behavioral addiction, call the team at FHE Health. For those seeking addiction treatment, our team includes compassionate, experienced addiction experts who are available 24 hours a day, 365 days a year to provide you with information about our fully accredited and licensed life-saving treatment programs. Our 12-Step Series: Step 4 resentments examples as found in the Big Book of Alcoholics Anonymous and some more examples of practical real-life examples. If you are finding challenges with the fourth step of your 12-step program and seeking concrete “step 4 resentment examples,” this article offers useful instances to assist in accurately recording your resentments. These examples will help facilitate understanding, enabling you to progress on the path of recovery.What A Resentment From The 4th Step Actually IsHow To Conduct A 4th Step Inventory For Resentments During RecoveryPractical Examples Of Step 4 ResentmentsRecovered On Purpose helps people work through the 12 Steps of Alcoholics Anonymous, providing guidance and resources to support their recovery journey.Download Your FREE Resentment Inventory Worksheet Here Get Your WorksheetResentment, originating from the French word “ressentir” (to feel intensely), is synonymous with anger, spite, and holding a grudge. In the context of Alcoholics Anonymous (AA), resentment refers to a recurring feeling of hurt or anger towards someone or something that has wronged us. This persistent emotional state is one we re-experience repeatedly, often leading to a cycle of negativity and bitterness.In AA and other 12 step programs, resentment is considered the number one offender for addicts and alcoholics. It is a powerful emotion that can drive us to seek relief through alcohol or drugs if we are not continuously working our program on a spiritual basis, daily.The 4th step of AA, which involves making a searching and fearless moral inventory of ourselves, is crucial in addressing these resentments. By identifying and acknowledging our grudges, we can begin to understand their impact on our lives and take steps to overcome them.To illustrate, consider a situation where someone in your life consistently shows up late. This repeated behavior might make you feel disrespected and undervalued. Over time, this resentment can fester, leading you to re-feel the hurt every time you think about it. Through the 4th step process, you can confront this resentment, understand its roots, and work towards letting it go, ultimately aiding in your recovery.The 10th step of AA and other fellowships is, “We continued to take personal inventory and when we were wrong, promptly admitted it.” When we have gone through the work and done our whole 4th step inventory, 5th stepped with a sponsor or closed mouth friend, done our amends and have resentments show up, even though we are doing these 4th step resentments the same as before, it is technically a 10th Step. The 4th step resentments inventory process plays an essential role in confronting and acknowledging the realities of our life events and actions. When dealing with recovery from alcoholism and drug addiction, resentment is understood as a mental state that perpetually revives past episodes coupled with present-tense feelings. These past episodes could be from two decades ago or two minutes ago, but continue to play out in our heads nonetheless.In order to carry out a constructive examination of our resentments, it involves making a resentments list of people, institutions or principles in which we are angry or resentful. Such practice within the inventory process is pivotal for people aiming to uncover the fundamental reasons behind their adverse emotions and initiate steps towards recuperation and recovery.Begin your inventory of resentments by noting down, in the first column, any people, institutions (like a church or government) or principle (like Christianity or feminism) that stir up feelings of resentment within you. Identify those which readily surface in your consciousness with relative ease and use your emotional response as a measure for who makes it on this list.The point of this resentments list is not to bring up as much anger and bad feelings from your past as you can possibly remember, but it is rather a way of journaling out your resentments that are affecting you currently, no matter how near or far from the present time they are.It’s important to acknowledge all sources of negative sentiment—be they people or institutions—as comprehensively detailing them here sets the stage for more introspection and understanding of character defects and the things about yourself not working for you in recovery in the following sections of the inventory.In this part of your resentment inventory, you should detail the precise incidents or behaviors that ignited feelings of resentment within you. This second column is meant to encapsulate all the specific triggers and underlying reasons for each instance where resentments have been borne.For myself, and for my spouses, when dealing with these Step 4 resentments, examples of how we do the work are always going to be in 19 words or less like they do in the Big Book. The reason for this is to not draw out the process of healing to writing out pages of things someone did to you, but make it “usually as definite as this example:” “his attention to my wife. Told my wife of my mistress. Brown may get my job at the office.”The step 4 resentments examples in the Big Book should always be the outline of how we do the work going forward, but I will give some more examples to make it even simpler.To illustrate, if family-related resentments exist, they may arise from instances such as feeling neglected, contentious exchanges, or damaging actions endured in one’s youth. The act of recording these particular catalysts is crucial in recognizing and grappling with your emotional responses.In the third column of your resentment inventory, you should consider how the actions of others have influenced your emotional health and interpersonal connections. Resentments can affect several aspects of life, and I use the resentments examples from the Big Book for what it affects: Pride, self-esteem, security, sex relations, personal relationships, ambitions, or your pocketbook (money).Documenting how another person’s conduct has impacted you is a key part in this process. By going so, you gain insight into the extensive consequences that your resentments may carry, paving the way towards recovery and personal development.Once you have this all written down, contact your sponsor or a closed-mouth friend who you can talk about the issue with and proceed from there with correcting any wrongs you have done or immediately shifting your focus to someone you can help.To effectively perform the resentment inventory, utilizing real life resentment examples can prove invaluable. These instances serve as guides for correctly completing the worksheet and grasping the nuances of the resentment inventory process. Recording events in a narrative format provides an opportunity to contemplate one’s own life occurrences and attain a deeper comprehension of emotional responses.Incorporating scenarios and individuals that evoke feelings of upset into your moral inventory can simplify and make the overall process more helpful to your spiritual growth and progress. Examining particular samples will shed light on how this is applied practically.Perceived favoritism or criticism within a family can deeply affect relationships, fostering resentments between members. Such elements are significant contributors to the growth of bitterness among relatives.Take as an example feeling resentment towards a sibling who seemed to be the favorite. This can lead to sensations of not being good enough and being overlooked. There may also be some little quirks in family members that bring things up like when a family member may not consider you when hearing information about other family members that you should know. You may have been bullied by an older sibling that has affected your self-esteem, or been told by a parent that you shouldn’t pursue your dreams and you should get a job.By recording these emotions, you might gain better insight into how they influence your emotional health and then you can move forward with your sponsor or closed-mouth friend to find your own flaws in makeup that can help you move forward from these resentments.Resentments in the workplace can stem from unmet expectations that are not fulfilled and feelings of being slighted. Unfair practices, insufficient acknowledgement for efforts, and ineffective communication by management often lead to such workplace resentments. For example, if a co-worker is promoted over you when you believe it was your due, this could result in heightened stress levels and a dip in your work performance. You could cop a resentment at your boss for overlooking you, affecting your self-esteem and personal ambitions, or resent your co-worker who was promoted affecting your personal relations and your pocketbook.Keeping a record of these occurrences provides insight into how they affect your professional life, personal life both emotional and mental, and how you can work on your own character defects to better show up in the work place.Interpersonal connections, whether with friends or romantic partners, are essential to our emotional health. Hence, resentments within these bonds can greatly influence our own lives. Being aware of emotions within such relationships is critical for identifying any resentment that might have accumulated over time.Take a close friend’s betrayal as a resentment example: this breach could foster deep feelings of hurt and distrust. It is crucial to consider how holding onto these resentments plays a role in both your personal emotional state and the broader context of your relationships if you aim for self-awareness and personal development.The resentment inventory process for the fourth step can be enhanced by utilizing different tools and support systems. Engaging with a skilled sponsor and consulting with a primary therapist provides valuable assistance throughout this phase. Prior to starting the Fourth Step, it is advantageous to read through the Big Book and engage in dialogue with a sponsor or you can watch our 4th Step Inventory: Making It Quicker And Simpler.When undertaking the moral inventory required in Step 4, there are several effective strategies available including referencing examples from the AA Big Book, maintaining a journal, utilizing resources like our 4th Step Sex Inventory Worksheet and our 4th Step Fear Inventory Worksheet or an Excel spreadsheet workbook designed specifically for this purpose. Listening to podcast discussions focused on Step 4 can offer insight and direction during this process.Available are worksheets that follow the template provided in Alcoholics Anonymous’ Big Book for completing both a sex inventory and the fourth step inventory. These worksheets provide extra space through an additional page, employing a unique technique to enter the inventory process.By leveraging these worksheets to structure your contemplations and insights, you’re able to conduct a comprehensive and orderly fearless moral inventory. This systematic approach aids in meticulously recording and evaluating resentments.The structured approach to conducting the Fourth Step inventory is outlined in the AA Big Book Leveraging books and guides can significantly improve the process of carrying out your moral inventory, guaranteeing comprehensiveness. These tools assist in elucidating the procedures for pinpointing and dealing with resentments.By delving into supplementary literature on recovery, you can gain deeper understanding and reinforcement during your path to recovery.It is vital to have a supportive network in place when undertaking the Fourth Step, as it can assist with any challenges encountered. While the inventory of the Fourth Step is designed for individual contemplation, one should not attempt it without support.Engaging in an open dialogue with your sponsor plays an integral role while facing personal hurdles throughout the Fourth Step. Sharing your inventory findings with a sponsor helps ensure accountability and provides reinforcement on your path to recovery.Shifting from compiling a resentments list to implementing practical measures is vital in the recovery process. It’s important to talk about your resentment examples with a sponsor because it offers you both guidance and constructive feedback.By fostering a sense of responsibility and transparency, the Fourth Step sets you up for success in undertaking the Fifth Step, or in the case of ongoing 10th step inventory, a 10th step call.Securing a sponsor, or simply a closed-mouth friend, provides essential support and responsibility during the process of the 4th step resentments inventory. Demonstrating your commitment to sobriety is evident when you share your inventory with them.Involvement in a supportive community like Recovered On Purpose or Alcoholics Anonymous can provide comfort and insight, helping to mitigate the difficulties encountered in the Fourth Step. Upon completing my inventory, I reached out to my sponsor to arrange a meeting.In the fifth step, we confront and admit the full extent of our wrongdoings to ourselves, another individual, and God. This crucial aspect of the recovery process receives a blessing from God as it forces us to own up to all our actions, particularly pertaining to conduct that has our minds wrapped up in resentments, our sexual conduct from years past and most recent, and our greatest fears that are often driving our decisions.Undertaking this transformative experience in Step Five marks an essential advancement within the framework of the Twelve Steps program. It demands profound honesty and openness, which are fostered by diligently preparing with a list of examples of resentments in our life and making a fearless moral inventory—this preparation is vital for fostering personal development and healing.The process of completing the fourth step in the Twelve Steps involves creating a fearless moral inventory, which is essential for self-discovery and advancing on the path to recovery. In this step, we go deeper into deep-rooted grudges than we ever have before and begin to recognize their effects on various aspects of life.This process requires an honest self-examination, documenting grievances against people or institutions, pinpointing why these resentments exist, and discerning how they have our thoughts, emotions and overall behaviors and attitudes toward life and the people around us. Thereby offering an extensive overview of one’s internal emotional state.By using concrete resentments examples and thorough scrutiny during this phase, we as alcoholics and addicts in recovery work towards uncovering recurring behavioral patterns while cultivating a habit of self-honesty. With aids such as resentment inventory worksheets, literature like the Big Book, and support groups like Recovered On Purpose and Alcoholics Anonymous at our disposal, this daunting task becomes more attainable and can even become an enjoyable part of recovery, knowing what awaits us on the other side.Progression to subsequent actions includes confiding in a sponsor as preparation for undertaking the fifth step—a pivotal moment that paves the way toward substantial healing and personal development. Approach this part of your journey with honesty, willingness and openness—you’ll find it brings you steps closer not only to sobriety, but also toward serenity within yourself.Adam Vibe Gunton is an American author, speaker and thought leader in addiction treatment and recovery. After overcoming homelessness and drug addiction, Adam found his life’s purpose in helping addicts find the same freedom he found. As Founder and Executive Director of the 501(c)3 nonprofit, Recovered On Purpose, and Managing Partner of Behavioral Health Partners, Adam has helped thousands find freedom from addiction all over the world. Are you feeling weighed down by past grievances? 4th step resentment inventory examples can be a powerful tool in your journey toward healing and self-discovery. This process helps you identify and confront the resentments that may be holding you back, allowing for personal growth and emotional freedom.The 4th step in recovery emphasizes identifying resentments. A resentment inventory helps you recognize emotions that block growth and healing. This process is crucial for emotional freedom.When you create a resentment inventory, consider these examples:Resentment towards a family member: You might feel anger due to unmet expectations or past conflicts.Resentment at work: Frustration from feeling overlooked for promotions or unfair treatment can weigh heavily on you.Resentment with friends: Betrayal or lack of support during tough times may lead to lingering bitterness.Each example highlights specific relationships and feelings. Reflecting on them uncovers underlying issues affecting your life. In this way, the 4th step enables personal insight.Here are key components to include in your inventory:Who you resent: Identify the person involved.What happened: Briefly describe the situation causing resentment.How it affects you: Consider how this feeling impacts your daily life and relationships.By documenting these details, you’ll gain clarity and understanding of your emotions. This structured approach allows deeper examination of each grievance, facilitating effective resolution and healing.Resentment inventory plays a crucial role in emotional healing. It helps you uncover feelings that may obstruct your growth and peace of mind. By addressing these resentments, you gain insight into your emotional landscape.Resentment reflects lingering anger towards someone or something perceived as unjust. This feeling often stems from experiences like betrayal or disappointment. Identifying specific instances of resentment is essential for effective resolution. For example,Family disputes: Feeling neglected by a parent can create deep-rooted resentment.Workplace conflicts: Experiencing unfair treatment from a colleague may lead to ongoing frustration.Friendship issues: A friend’s lack of support during difficult times can evoke strong feelings of bitterness.Engaging with your resentment inventory fosters personal growth. You start recognizing patterns in your responses and behaviors. Consider how facing these emotions impacts your life.Clarity: Understanding the root causes of resentment brings clarity to relationships.Healing: Addressing unresolved grievances encourages emotional healing.Empowerment: Taking ownership of your feelings empowers you to make positive changes.This process isn’t just about listing grievances; it’s about transforming them into opportunities for self-improvement and deeper connections with others.Exploring specific examples of resentments can help you identify and address underlying emotions. The following sections provide insights into common resentments and a case study for overcoming personal grudges.You might find yourself feeling resentment towards various aspects of your life. Here are some typical sources:Family Members: Conflicts with parents or siblings often lead to feelings of anger. Perhaps a parent’s harsh criticism affected your self-esteem.Work Situations: Discontent at work can stem from unfair treatment by colleagues or supervisors. Maybe you felt overlooked for a promotion, leading to frustration.Friends: Betrayal or neglect from friends can create lasting bitterness. If a friend canceled plans repeatedly, it could trigger feelings of unworthiness.Yourself: Self-directed resentment often arises from unmet expectations. You may harbor anger towards yourself for past mistakes, impacting your self-image.By recognizing these examples, you begin to understand the roots of your feelings and their impact on your relationships.Consider the journey of someone named Alex who struggled with resentment toward an old friend. Initially, he felt betrayed when his friend didn’t support him during a tough time. Instead of addressing this feeling directly, he bottled it up.Identifying the Person: Alex noted his friend’s name in the inventory.Describing the Situation: He described how his friend had chosen to hang out with others instead of being there for him.Considering Impact: This situation led Alex to withdraw from social events, isolating himself further.Through reflection and documentation, Alex recognized that holding onto this grudge was harming his well-being. By confronting his feelings directly and discussing them with his friend, he reclaimed emotional freedom and improved their relationship.This process illustrates how working through resentments enables personal growth and healing while fostering healthier connections in your life.Creating a resentment inventory requires careful thought and honesty. Start by identifying the person involved in each situation. Recognizing who triggered your feelings is crucial to understanding their impact on you.Next, describe the situation clearly. Write down what happened without sugarcoating it. Detail the events that led to your resentment, as this helps clarify your emotions.Then, consider how this situation affects your daily life. Reflect on how these resentments influence relationships or create emotional barriers. Ask yourself questions like: How does this anger affect my interactions?Additionally, be specific about your feelings related to each incident. Use direct language to express emotions such as frustration, disappointment, or betrayal.Lastly, review and reflect on your entries regularly. This practice reinforces understanding and can uncover patterns in your thoughts and behaviors. It allows for ongoing growth and healing in response to initial insights gained from the inventory.By using these tips consistently, you’ll create a comprehensive resentment inventory that fosters personal growth and clarity in relationships.The fourth step is very special in the 12-step program. In previous steps, we have admitted our problems and handed our lives to the God of our understanding, our Higher Power. We are told to make “a searching and fearless moral inventory of ourselves.” Sober Speak provides two step 4 inventory worksheets for writing your moral inventory. The fourth step inventory worksheets are a comprehensive and must be completed without holding anything back. They are an honest look at ourselves: from this, we gain a new perspective on who we are and what we need to work on. They also allow us to explore all our character defects. To be effective, an inventory process must be marked by rigorous honesty. We expose ourselves to ourselves with all our negative feelings and character flaws and do that fearlessly. This step aims to set us on the path to emotional sobriety. The other alternative is being a so-called “dry drunk,” which is someone sober but whose attitudes and actions remain those of their drinking past. In the fifth step, we will become willing to have God take all of this away and ask for that in the sixth. In the eighth, we made a list of all persons we had harmed and became willing to make amends to them all. When we finish the ninth, we have made direct amends to such people wherever possible, except when to do so would injure them or others. This shows how fundamental the fourth step is to the steps of Alcoholics Anonymous. Here is a brief fourth-step worksheet guide using the four charts in the Sober Speak Step 4 worksheets. Each chart contains a brief introduction, an example and details the idea behind each column. The Big Book says that resentment is the “number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease. Resentment creates dangerous negative thoughts. They fester like a sore and erupt as anger, bitterness, or melancholy. They are more likely than anything else to cause a relapse. Here, we name a resentment. It does not have to be one word. It could be “Not having the final word.” The next column is: This can be anything—a person, an organization, or a company. Think deeply about this. Some objects of resentment are surprising and very unpleasant to admit to, like resenting our children for forcing too much responsibility on us. The next column is: There are so many reasons we can resent things; many will touch on the fears we deal with later. The next column is: Resentments are expressed in attitudes and actions. We make the effect clear. Often, an effect will trigger a memory of harm that we can list. It is safe to say that these four charts do not exist in isolation but feed into each other. The way fear affects us is described as follows: This short word somehow touches on every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. What Do I Fear?Why do I fear it?What Effect Does It Have on Me?How Does it Affect Others?Being aloneBecause it makes me feel as though I have no value.I become morose and demand attention.They try to avoid me which reinforces the loneliness. They become resentful. As alcoholics, fear was a constant companion. Many AA members began their path to addiction by drinking to dispel fear. Here we list each fear we have. This column states the underlying cause or causes of the fear. The next column is: What does this fear do to us? How do we react to it? How does it affect our daily living?The next column is: We are not the only ones affected by our responses to things. The way we react to our fears affects others as well. Here we state how others react to the effect it has on us. In the example, the reaction to the way the recovering addict used to become depressed ensured that others steered clear of them. We are told that we must be willing to make amends where we have harmed, provided that we do not cause further harm. This part of the fourth step inventory will be used in the eighth step: “Made a list of all persons we had harmed and became willing to make amends to them all.” In the 9th, we make direct amends to such people wherever possible, except when doing so would injure them or others. Dealing with these harms is vital to our spiritual growth and to achieving ongoing sobriety. What Harm Did I Do?Who Did I Harm?Why Did I Do This?What Defect Made Me Do It?Lied about my drinkingMy family, My friendsI did this to “protect” myself.Selfishness because I wanted to carry on drinking.Pride and not wanting to admit to a problem. This may be the hardest part of this step. Here we list memories of people we have hurt. The next column is: This can range even to what we hurt if we injure an animal. Generally, though, this refers to people, and some people will appear on this list many times and often for different reasons. The next column is: Something spurs us to harm. This is the immediate fight-or-flight response we are noting here. The next column is: This is the deeper level of “Why Did I Do This?” What triggered the negative feelings that caused us to harm another? Each harm stems in some way from negative thoughts. The Big Book tells us to evaluate our sexual activity in this way “We subjected each relation to this test - was it selfish or not?” The sex conduct worksheet deals with matters that society considers too intimate to discuss. The Big Book responds by establishing that “we treat sex as we would any other problem.” With Whom?What Happened?How Did We Hurt If We Did?Who Was Hurt?What Defect(s) Affected This?I don’t know her name.One night stand after drinking.I bragged to my wife afterward.By being vengefulMy sex partner and my wife.Anger at my wife for commenting about my performance when I was drunk. Insecurity about being adequate Who else was involved in the encounter? Not all the told parts, but an overview of how the event transpired. The next column is: Not all sexual encounters were necessarily bad, but if we did hurt someone, we need to state the harm we did. The next column is: List the names of the people who were harmed. This might include yourself more often than you realize. The next column is: W/ve didn’t harm people for no reason. So, what underlying flaw prompted this action? Step 4 can take a long time. Do not let that put you off. This personal inventory step can be challenging. Focus on the words of the 9th step promises: We will not regret the past nor wish to shut the door on it. With each step we take, we can recall this part of a program and a process working toward a spiritual awakening. Steps are related; the fourth step is one part of a sum of critical parts working to improve ourselves. We will revisit this process of assessing how we wronged others daily for the rest of our lives. In this way, the fourth step inventory is like a training event that is harder than the final event. Do not treat it as a sprint and miss things. And do not treat it as a marathon because when it is long, we balk at continuing. The Big Book puts what we have achieved by completing this step very plainly when it says: you have swallowed and digested some big chunks of truth about yourself. At the end of the day, though, we have already started to be honest with ourselves when, back at step one, we admitted we were powerless over alcohol. That was the scariest step of all.