



# **4<sup>th</sup> Step workbook**

# Inventory Comparison

(Big Book, page 64)

## BUSINESS

Fact Finding-----

Fact Facing-----

Truth-----

Stock-in-trade-----

Damaged or Unsaleable goods--

Promptly and Without Regret----

## PERSONAL

Searching

Fearless

Moral

Ourselves

Flawed Thinking Processes

Promptly and Without Regret

# Resentment Prompt Sheet

## PEOPLE

- θ Father (Step)
- θ Mother (Step)
- θ Sisters (Step)
- θ Brothers (Step)
- θ Grandmother
- θ Grandfather
- θ In-Laws
- θ Husbands
- θ Wives
- θ Aunts
- θ Uncles
- θ Cousins
- θ Clergy
- θ Police
- θ Lawyers
- θ Judges
- θ Doctors
- θ Employer's
- θ Employee's
- θ Co-Workers
- θ Creditors
- θ Childhood Friends
- θ School Friends
- θ Teachers
- θ Life Long Friends
- θ Best Friends
- θ Acquaintances
- θ Girl Friends
- θ Boy Friends
- θ Parole Officers
- θ Probation Officers
- θ AA Friends
- θ U.S. Service Friends
- θ \_\_\_\_\_
- θ \_\_\_\_\_

## INSTITUTIONS

- θ Marriage
- θ Bible
- θ Church
- θ Religion
- θ Races
- θ Law
- θ Authority
- θ Government
- θ Education System
- θ Correctional System
- θ Mental Health System
- θ Philosophy
- θ Nationality
- θ \_\_\_\_\_
- θ \_\_\_\_\_
- also added to the list could be:
- θ Rehabs
- θ Hospitals

## PRINCIPLES

- θ God-Deity
- θ Retribution
- θ Ten Commandments
- θ Jesus Christ
- θ Satan
- θ Death
- θ Life After Death
- θ Heaven
- θ Hell
- θ Sin
- θ Adultery
- θ Golden Rule
- θ Seven Deadly Sins
- θ \_\_\_\_\_
- θ \_\_\_\_\_
- θ \_\_\_\_\_
- θ \_\_\_\_\_
- θ \_\_\_\_\_

# Resentment Inventory

I'm fearful of: <small>(People, Institutions &amp; Principals)</small>	The cause	Affects my:	My wrongs- What Did I do?	Character defect:
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## FEAR INVENTORY PROMPT SHEET

Here is a list fears that may be helpful in your fear inventory. Check the fears you have. Add any additional fears that are not on this list.

- |   |  |
|---|--|
| <input type="checkbox"/> Fear Of God                    | <input type="checkbox"/> Fear Of Drowning          |
| <input type="checkbox"/> Fear Of Dying                  | <input type="checkbox"/> Fear Of Men               |
| <input type="checkbox"/> Fear Of Insanity               | <input type="checkbox"/> Fear Of Women             |
| <input type="checkbox"/> Fear Of Insecurity             | <input type="checkbox"/> Fear Of Being Alone       |
| <input type="checkbox"/> Fear Of Rejection              | <input type="checkbox"/> Fear Of People            |
| <input type="checkbox"/> Fear Of Loneliness             | <input type="checkbox"/> Fear Of Crying            |
| <input type="checkbox"/> Fear Of Disease's              | <input type="checkbox"/> Fear Of Poverty           |
| <input type="checkbox"/> Fear Of Alcohol                | <input type="checkbox"/> Fear Of Races             |
| <input type="checkbox"/> Fear Of Drugs                  | <input type="checkbox"/> Fear Of The Unknown       |
| <input type="checkbox"/> Fear Of Relapse                | <input type="checkbox"/> Fear Of Abandonment       |
| <input type="checkbox"/> Fear Of Sex                    | <input type="checkbox"/> Fear Of Intimacy          |
| <input type="checkbox"/> Fear Of Sin                    | <input type="checkbox"/> Fear Of Disapproval       |
| <input type="checkbox"/> Fear Of Self-Expression        | <input type="checkbox"/> Fear Of Rejection         |
| <input type="checkbox"/> Fear Of Authority              | <input type="checkbox"/> Fear Of Confrontation     |
| <input type="checkbox"/> Fear Of Heights                | <input type="checkbox"/> Fear Of Sobriety          |
| <input type="checkbox"/> Fear Of Unemployment           | <input type="checkbox"/> Fear Of Hospitals         |
| <input type="checkbox"/> Fear Of Employment             | <input type="checkbox"/> Fear Of Responsibility    |
| <input type="checkbox"/> Fear Of Parents                | <input type="checkbox"/> Fear Of Feelings          |
| <input type="checkbox"/> Fear Of Losing A Wife          | <input type="checkbox"/> Fear Of Getting Old       |
| <input type="checkbox"/> Fear Of Losing A Husband       | <input type="checkbox"/> Fear Of Hurting Others    |
| <input type="checkbox"/> Fear Of Losing A Child         | <input type="checkbox"/> Fear Of Violence          |
| <input type="checkbox"/> Fear Of Animals                | <input type="checkbox"/> Fear Of Writing Inventory |
| <input type="checkbox"/> Fear Of Insects                | <input type="checkbox"/> Fear Of Being Alive       |
| <input type="checkbox"/> Fear Of Police                 | <input type="checkbox"/> Fear Of Government        |
| <input type="checkbox"/> Fear Of Jail                   | <input type="checkbox"/> Fear Of Gangs             |
| <input type="checkbox"/> Fear Of Doctor's               | <input type="checkbox"/> Fear Of Gossip            |
| <input type="checkbox"/> Fear Of Stealing               | <input type="checkbox"/> Fear Of Wealthy People    |
| <input type="checkbox"/> Fear Of Creditors              | <input type="checkbox"/> Fear Of Guns              |
| <input type="checkbox"/> Fear Of Being Found Out        | <input type="checkbox"/> Fear Of Change            |
| <input type="checkbox"/> Fear Of Homosexuals & Lesbians | <input type="checkbox"/> _____                     |
| <input type="checkbox"/> Fear Of Failure                | <input type="checkbox"/> _____                     |
| <input type="checkbox"/> Fear Of Success                | <input type="checkbox"/> _____                     |
| <input type="checkbox"/> Fear Of Responsibility         | <input type="checkbox"/> _____                     |
| <input type="checkbox"/> Fear Of Physical Pain          | <input type="checkbox"/> _____                     |
| <input type="checkbox"/> Fear Of Fear                   | <input type="checkbox"/> _____                     |

# Fear Inventory

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# Sex Inventory

Who did I hurt:	What did I do:	Why did I do it: (what was I trying to get)	Character defect:	What should I do different?
		Self Esteem	Selfish	
		Emotional Security	Dishonest	
		Pocketbook	Self-Seeking	
		Ambitions	Frightened	
		Personal Relations	Inconsiderate	
		Sex Relations	Unrealistic	
		Pride		
		Self Esteem	Selfish	
		Emotional Security	Dishonest	
		Pocketbook	Self-Seeking	
		Ambitions	Frightened	
		Personal Relations	Inconsiderate	
		Sex Relations	Unrealistic	
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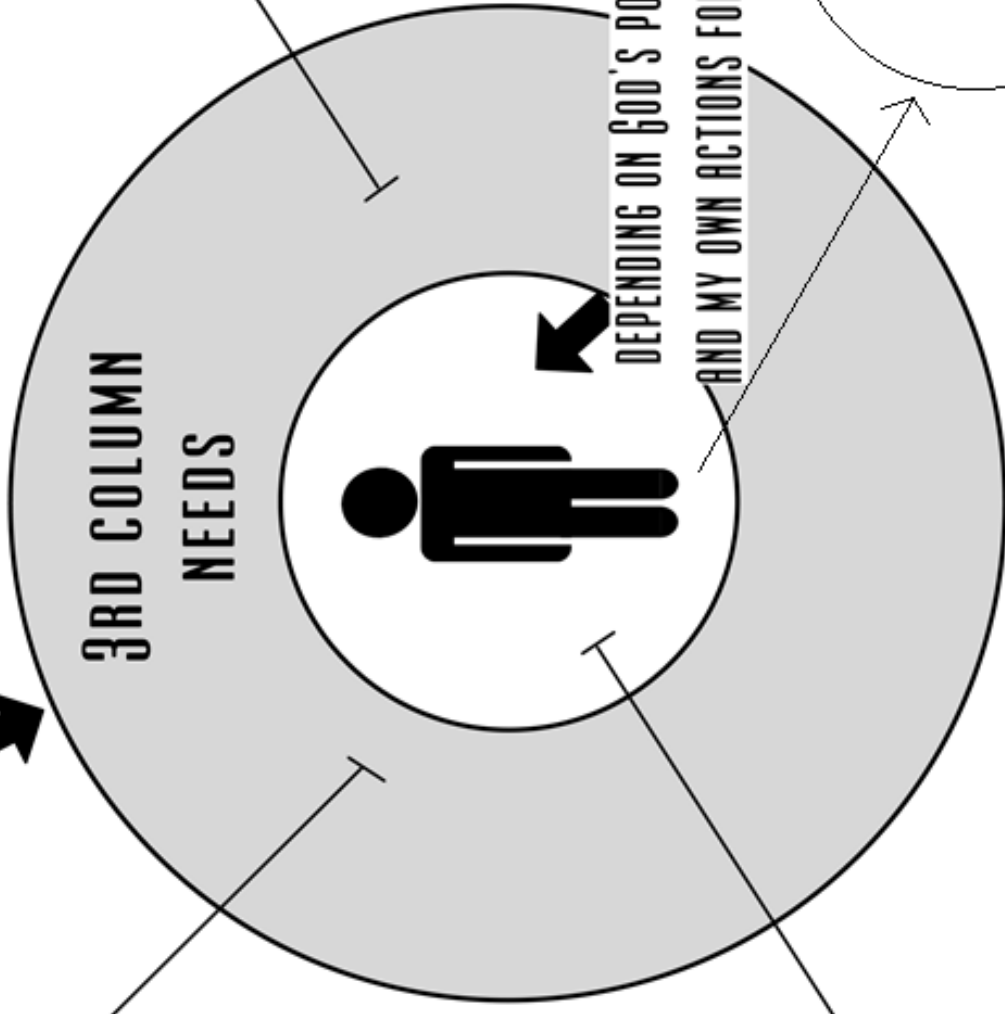
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DEPENDANT ON THE WORLD AND IT'S PEOPLE  
FOR MY 3RD COLUMN NEEDS



DEPENDING ON GOD'S POWER AND DIRECTION  
AND MY OWN ACTIONS FOR 3RD COLUMN NEEDS

