

4th Step Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Practitioner: _____

RESENTMENT INVENTORY

I'm resentful at:

The cause

Affects my:

- Self-esteem
- Security
- Ambitions
- Personal relations
- Sex relations

FEAR INVENTORY

I'm afraid of:

Why do I have this fear?

This fear affects my:

- Self-esteem
- Security
- Ambitions
- Personal relations
- Sex relations

SEXUAL CONDUCT REVIEW

Describe relationships where you caused harm

List behaviour patterns you wish to change

CHARACTER DEFECTS AND ASSETS

Character Defects

- Pride
- Dishonesty
- Fear-driven aggression
- Impulsivity
- Selfishness
- Resentment

Character Assets

REVIEW AND INTEGRATION

Therapist/Sponsor Notes

Patterns Identified

Readiness for Step 5

- Ready Needs more work Not yet ready

Client Signature

Date: _____ dd / mm / yyyy

Therapist/Sponsor Signature

Date: _____ dd / mm / yyyy