

4th Step purpose (p 64) "We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations."

**RESENTMENTS:** (p 65) "We went back through our lives. Nothing counted but thoroughness and honesty. When we were finished we considered it carefully."

I am resentful at:	The cause:	Affects my:	My part:
(p 64) " In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry."	(p 64) "We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. So we were sore. We were "burned up."	(p 65) "On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?"	(p 67) "Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we listed them."



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**FEAR:** (p 67) This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn't deserve. But did not we, ourselves, set the ball rolling?

I am fearful of:	The cause:	My part:
(p 68) "We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them."	(p 68) "We asked ourselves why we had them."	(p 68) "Wasn't it because self-reliance failed us? Selfreliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse."





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**SEX CONDUCT:** (p 69) "We reviewed our own conduct over the years past."

Who did I harm:	What harm did I cause:	My part:
(p 69) "Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt?"	(p 69) "Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it."	(p 69) "We subjected each relation to this test—was it selfish or not?"


## 4th Step Results

4th Step Result (p 71) "We hope you are convinced now that God can remove whatever self-will has blocked you off from Him. If you have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself."