

Fourth Step Workshop		SELF												
Review of SEXUAL CONDUCT Instructions for completion		Column 3							Column 4					
		AFFECTS MY Which part of my SELF caused or is affected by it?							What is the exact nature of my wrongs, defects and shortcomings?					
		Social Instinct		Security Instinct		Sexual instinct		Ambitions						
		Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sexual Relations	Hidden Sexual Relations	Social	Security	Sexual	Selfish	Dishonest	Self-seeking and Frightened	Inconsiderate
1. In dealing with your sexual conduct , list all the people you harmed. Complete Column 1 from top to bottom. Do nothing on Column 2, 3 or 4 until Column 1 is completed.														
2. Then ask yourself what you did and list your answers in Column 2, starting from top to bottom. Do nothing on Column 3 or 4 until Column 2 is completed.														
3. Ask yourself was it self-esteem, security, ambitions or sexual instinct which caused the harm? Complete each section with Column 3 from top to bottom, starting with the Self-Esteem column and ending with the Sexual Ambitions column. Do nothing on Column 4 until Column 3 is completed.														
4. Referring to your list again, put out of your mind the wrongs others have do to you and resolutely look for your own mistakes. Where had you been selfish, dishonest, self-seeking and frightened or inconsiderate? Ask yourself the above questions, and complete each section within Column 4.														
5. Reading the chart from left to right, you now see the harm (Column 1), what you did (Column 2), the part of the self that caused this harm (Column 3), and the exact nature of the defect within us that caused the harm and therefore blocks off God's (as you understand God) Will.														

Column 1		Column 2	
I Am Fearful Of:		Why do I have the fear?	
1			
2			
3			
4			
5			
6			

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Fourth Step Workshop Review of RESENTMENTS Instructions for completion	SELF											
	Column 3 AFFECTS MY Which part of my SELF caused or is affected by it?								Column 4 What is the exact nature of my wrongs, defects and shortcomings?			
	Social Instinct		Security Instinct		Sexual instinct		Ambitions		Selfish	Dishonest	Self-seeking and Frightened	Inconsiderate
	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sexual Relations	Hidden Sexual Relations	Social	Security				
1. In dealing with your resentments , put them on paper. List people, places or things that we are resentful or angry with. Complete Column 1 from top to bottom. Do nothing on Column 2, 3 or 4 until Column 1 is completed.												
2. Then ask yourself why you are angry and list your answers in Column 2, starting from top to bottom. Do nothing on Column 3 or 4 until Column 2 is completed.												
3. On our "grudge" list, opposite each name enter your injuries. Ask yourself was it self-esteem, security, ambitions or your sexual or personal relationships that had been interfered with? Complete each section with Column 3 from top to bottom, starting with the Self-Esteem column and ending with the Sexual Ambitions column. Do nothing on Column 4 until Column 3 is completed.												
4. Referring to your list again, put out of your mind the wrongs others have do to you and resolutely look for your own mistakes. Where had you been selfish, dishonest, self-seeking and frightened or inconsiderate? Ask yourself the above questions, and complete each section within Column 4.												
5. Reading the chart from left to right, you now see the resentment (Column 1), its cause (Column 2), the part of the self that was affected (Column 3), and the exact nature of the defect within us that allowed the resentment to surface and therefore blocks off God's (as you understand God) Will.												

Column 1		Column 2	
I Am Fearful Of:		Why do I have the fear?	
1			
2			
3			
4			
5			
6			

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Fourth Step Workshop Review of FEARS Instructions for completion	SELF												
	Column 3 AFFECTS MY Which part of my SELF caused or is affected by it?							Column 4 What is the exact nature of my wrongs, defects and shortcomings?					
	Social Instinct		Security Instinct		Sexual instinct		Ambitions			Selfish	Dishonest	Self-seeking and Frightened	Inconsiderate
	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sexual Relations	Hidden Sexual Relations	Social	Security	Sexual				
1. In dealing with your fears , put them on paper. List the people, places or things that you are fearful. Complete Column 1 from top to bottom. Do nothing on Column 2, 3 or 4 until Column 1 is completed.													
2. Then ask yourself why you have this fear. List your answers in Column 2, starting from top to bottom. Do nothing on Column 3 or 4 until Column 2 is completed.													
3. In Column 3, ask yourself what caused the fear. Was it self-esteem, security, ambitions or your sexual or personal relationships that had been interfered with? Complete each section with Column 3 from top to bottom, starting with the Self-Esteem column and ending with the Sexual Ambitions column. Do nothing on Column 4 until Column 3 is completed.													
4. Referring to your list again, put out of your mind the wrongs others have do to you and resolutely look for your own mistakes. Where had you been selfish, dishonest, self-seeking and frightened or inconsiderate? Ask yourself the above questions, and complete each section within Column 4.													
5. Reading the chart from left to right, you now see the fear (Column 1), the cause (Column 2), the part of the self that was affected by the fear (Column 3), and the exact nature of the defect within us that allowed the fear to surface and therefore blocks off God's (as you understand God) Will.													

Column 1 I Am Fearful Of:		Column 2 Why do I have the fear?	
1			
2			
3			
4			
5			
6			

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