

I was given this file in November 1985 – it has not been altered or changed in any way
This copy has been provided by the Indian River Central Office of Alcoholics anonymous

A GRAPHIC GUIDE TO AA'S FOURTH STEP

Though our decision¹ was a vital and crucial step, it could have little **PERMANENT** effect unless **AT ONCE** followed by a strenuous effort to face and be rid of, the things in ourselves which had been blocking us. **OUR LIQUOR WAS BUT A SYMPTOM.** So we had to get down to causes and conditions².

This is a guide and format which permits the writing of A.A.'s Fourth Step in the precise manner authentically suggested by A.A. in its Basic Text³. It is not a guide from any rehabilitation center, nor a guide from any person, but rather the A.A. inventory guide as presented in the Big Book. This is also a guide and format for use or application of A.A.'s steps from three to nine, in the way suggested in the basic Text of A.A., that being the Big Book.

Please note that all examples offered in this guide are not just someone's opinion but rather taken from the Big Book and other A.A. literature. References for each column, comment, or suggestion are given throughout this guide to avoid personal opinions or interpretations. The guide is presented as 12 step work only. It is the result of painstaking research of all the literature, and not intended to replace, but rather broaden the steps as offered in the Big Book⁴.

It was initially a collaboration of Jim L. of Phoenix, AZ, along with help of others. The guide may be copied, however, **IT MUST BE DONE SO IN ITS ENTIRETY**, meaning that **THIS** page must be included.

[Today this guide is available for download from the Indian River Central Office of A.A., Vero Beach, FL, deposited there by Dutch V., originally from Toms River, NJ, who also distributes this guide.]

Please distribute this guide freely to A.A.'s desiring same, and remember *its only purpose is to be of help to the alcoholic that still suffers.*

¹ Referring to Step 3

² Big Book, Page 64

³ Alcoholics Anonymous, Chapter 5, "How It Works."

⁴ Page 17 of the 12 & 12

RESENTMENT LIST

Big Book
Pg 63 to 67

NOTE: Fold this column back before beginning

Column #1	Column #2	Column #4	Column #4
I AM RESENTFUL OF/AT		AFFECTS MY	MY MISTAKES
(The names of people, institutions or principles with whom I am angry)	(Why am I angry)	Self Esteem? * Security? * Ambitions? * Personal/Sex Relations? * (Fear)? *	1. Where have I been: - Selfish? - Dishonest? - self-seeking? - Frightened?
01. _____	We went back through our lives. Nothing counted but thoroughness and honesty	01. _____	1. Where was I in each case:
02. _____	-----	02. _____	(a) "Putting out of our minds the wrong others had done. We resolutely looked for our own mistakes."
03. _____	Drafted from the basic text: Alcoholics Anonymous - Big Book, Chapter 54, "How It Works."	03. _____	(b) "When we saw our faults, we listed them."
04. _____	(a) Please read from bottom of pg.63 through pg.65	04. _____	(c) "We admitted our wrongs honestly and were willing to set matters straight."
05. _____	(b) After following those suggestions, read through pg.67, 2 nd paragraph	05. _____	(d) The inventory was OURS, not the other person's."
06. _____	(c) After following those suggestions, read the next 2 paragraphs on pg.67. To follow those suggestions, turn up the fold. (Column #4)	06. _____	
07. _____		07. _____	
08. _____		08. _____	
09. _____		09. _____	
10. _____		10. _____	
11. _____		11. _____	
ETC.		*Relate to: Pride, Anger, Envy, Lust, Gluttony, Sloth or Greed. (12&12)	

FEAR LIST

Drafted from
BIG BOOK pg.65 & 67

Column #1	Column #2	Column #3
MY FEARS	WHY I HAVE THEM	SOLUTION
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
ETC.	ETC.	ETC.

You may pick up some fears from the resentment list (page 2). Be sure to list those fears where there are NO resentments attached as well

SEX PROBLEM LIST

Drafted from
Big Book pg.65 & 67

HOW IT WORKS - read from the last paragraph on pg.68 through the third paragraph on pg.70, follow these suggestions.

"In this way we tried to share a sane and sound ideal for our future sex life. We asked GOD ... The right answer will come if we want it.

Column #1	Column #2	Column #3	Column #4
Review our own conduct over the years past	Whom did I hurt?	Where was I at fault, what should I have done instead?	Solution:
Where was I: <ul style="list-style-type: none"> - Selfish? - Dishonest? - Inconsiderate? 	<i>"We must be willing to make amends where we have done harm, provided we do NOT bring about more harm in so doing."</i>	<i>"We asked GOD to mold our ideals and help us live up to them."</i>	<i>We asked GOD ...In meditation we ask GOD what we should do."</i>
Where did I unjustifiably arouse: <ul style="list-style-type: none"> - Jealousy? - Suspicion? - Bitterness? 		<i>"We remember always that our sex powers were GOD given and therefor good, neither to be used lightly or selfishly, nor to be despised or loathed."</i>	<i>"God alone can judge our sex situation ..."</i>
The relationships: Get it all down on paper: 01. _____ 02. _____ 03. _____ 04. _____ 05. _____ ETC	01. _____ 02. _____ 03. _____ 04. _____ 05. _____ ETC	01. _____ 02. _____ 03. _____ 04. _____ 05. _____ ETC	01. _____ 02. _____ 03. _____ 04. _____ 05. _____ ETC

MY DEFECTS OF CHARACTER

(Taken from the Resentment List and the following list)

SOURCE:

- A. Column #3, resentment List.
- B. B. Column #4, Resentment List
- C. Column #1, Sex Problem List
- D. Fear List (check re-occurring fears)

1. _____
 2. _____
 3. _____
 4. _____
- ETC

For Step 5, see pages 72 to 75 of the Big Book.

After Step 5, see pages 75 and 76 of the Big Book

"Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. Carefully reading the first five proposals (The first five steps) we ask:"

1. Is our work solid so far?
2. Are the stones properly in place?
3. Have we skimped on the cement in the foundation?
4. Have we tried to make mortar without sand?

"If we answer to our satisfaction, we then look at Step 6."

Again we read pg 76 of the Big Book:

"My Creator, I am willing that You should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me the strength, as I go out there, to do your bidding. Amen."

We have now completed Step 7.

See pg 76 of the Big Book, read on and carry on.

MY AMENDS LIST

Big Book
Pg 67

No we need more action, without which we find that *FAITH WITHOUT WORKS IS DEAD*. Let's take a look at Steps 8 & 9. We have made a list of **ALL** persons we had harmed and to whom we are willing to make amends. **WE MADE IT WHEN WE TOOK THE INVENTORY.**

SOURCE:

- A. Column #1, Resentment List
- B. Column #2, Sex Problem List
- C. Column #1, Fears List
- D. Redoubled efforts as in Step 8

12&12
pg 79-84

A LIST OF ALL PEOPLE I HAVE HARMED

Big Book
Pg 76

Now we go out to our fellows and repair the damage done in the past. We attempted to sweep away the debris which has accumulated out of our effort to live on self-will and run the whole show ourselves.

If we haven't the will to do this, we ask until it comes. Remember, it was agreed at the beginning, we would **GO TO ANY LENGTH TO GAIN VICTORY OVER ALCOHOL.**

See page 67 of the Big Book, read and carry on By maintaining your recovery with Steps 10 through 12