

Step 4 Worksheets: Assets and Liabilities Inventory

Self-will	God's Will	4 th Step Inventory	Action	Outcome
Fear	Love	Fear	Faith	Courage
Dishonesty	Honesty	Harms	Amends	Acceptance
Resentment	Purity	Resentment	Forgiveness	Wisdom
Selfishness	Selflessness	Realization	Service	Serenity

The purpose of the 4th step is to see the damage caused by self-will and transform these defects of character into God-centered assets.

- There is no right or wrong way to do a 4th step. It can be done with the liabilities as they apply to the specific resentment, fear or harm; or, they can be addressed in a more general way: where and to whom have you been dishonest, selfish, full of false pride.....?"
- The healing is in the sharing, NOT necessarily in the writing.
- Listening and sharing our 4th step enables God to speak to us and through us. We need to pray before we do this work and bring God into the picture and ask Him to guide us every step of the way.

Basic Simple 4th Step

- What or who are you resentful towards right now?
- What fears are you experiencing right now?
- Have you harmed anyone? Do you think that you owe an amends?
- Are you willing to forgive the person towards whom you are feeling resentful?
- Are you willing, with prayer to forgive the person?
- Are you willing to turn over your fears and have faith in God?
- Are you willing to make amends for the harms that you have done?
- Are you willing to have God removed the defects of character that are blocking you from Him? (Be specific.)
- Identify assets to strive for.
- 7th Step prayer

Name							Name
Liabilities							Assets
Resentment							Forgiveness
Fear							Faith
Selfishness							Unselfishness
Dishonesty							Honesty
Pride/False Pride							Humility
Jealousy							Trust
Envy							Contentment
Lazy							Action

Step 4 Worksheet “God, please help me face and be rid of the things in myself which have been blocking me from you other people and myself.”

List	People, institutions and Principles I resent; List current Fears; Harms		
The cause.	Why am I resentful? Limit this answer to < 20 words. Think more in terms of a short summary rather than a long story.		
Affect: How did it make me feel? *Optional: For resentments only	Manifestations of self-will and what I want for myself <i>See definitions below:</i> Self Esteem: how I think about myself (How I see me) Pride: How I think others view me. (How you see me) Ambition: My goals, plans and designs for the future (Outside) Security: General sense of personal well-being. (Inside) Personal relations: My relationships with other people. (Outside: how should this relationship look?) Sex (Gender) relations: My ability to feel loved and intimate with another. Can also refers to my belief about <u>myself</u> as a woman or as a man. (Inside: how I should be in this relationship?) Pocket Book: My basic desire for money, property, possessions Affects my finances.		
Realization	Motives/Realization: Have I ever done to them or another person what they did to me?		
What was my part? How did your character weaknesses or strengths affect the situation?	Self-examination/Character Defects: There are 3 different techniques		
	1: What was my fault? What is the nature of my wrongs, faults, mistakes, defects? How was I selfish, dishonest, self-seeking, afraid? Did I arouse jealousy, suspicion or bitterness? If so, how? <i>See definitions below:</i>	2: For every person on your resentment, fear or harm list: Did your xxxxxx harm this person? Where have you been selfish, self-seeking, dishonest, jealous, envious, bitter, inconsiderate, false pride, greedy, irresponsible, lazy?	3: Who was affected by any resentments, fears, selfishness, dishonesty, pride/false pride, jealousy, envy or laziness?
	Selfish: What did I WANT from the person or situation? What expectations, reasonable or not, did I bring to the situation? Self-seeking: What did I do, and how did I act in order to get what I wanted? What did I do and how did I act when I DID NOT get what I wanted? What harm did I cause? Dishonest: Did I lie? What are my assumptions? What is the truth? Afraid: What fears underlie the resentment, relationship or situation? I was afraid.....		
Fear List your current fears	Why do I have this fear? Did I feel I could handle the situation as I saw it? Did relying on me work? What should we now rely upon if not ourselves? How would this fear be different if I would trust and rely on God? When I experience this fear, what would God have me BE?		
Harm What Harms did I cause?	For every person on your resentment, fear or harm list: Has a harm been done? Did your (liability) harm this person? Make a list (Step 8) A harm is: something that has caused someone actual suffering or loss, something that one has done that has had a negative effect on another.		
Turnaround:Forgiveness we overcome resentment with forgiveness	Forgiveness: Am I willing to forgive? If not, are you willing with God’s help to pray for the willingness to forgive? If you are unable to change the present state of affairs, are you willing to take the measures necessary to shape your life to conditions as they are?		
Turnaround: Faith: we overcome fear with faith	Are you ready to overcome your fear with faith?		
Turnaround: God centered assets to strive for	What should I have done instead? How would God have me be? Am I willing to do God’s will? Am I willing to have God remove these defects of character? Identify assets to strive for i.e. humility, trust, intimacy, honest, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc. (Say Step 6 & 7. Say 7 th step prayer.)		
Turnaround: Amends we overcome harms with amends	Do I owe an amends? Willing? Yes/No. List the types of amends. Direct, living, in-kind and letters. What behaviors will convince them more than my words? When will I complete the action? (Step 9)		
Conclusion	Conclude the session with prayer. Be of service. God got us well so that we can be constructive and useful and fit ourselves to be of maximum service to others.		

Founders' Inventory Format

Recommit to Steps 1, 2 and 3 prior to sharing Steps 4 and 5 with your sharing partner

Step 0: Do you want to stop eating compulsively?
 Are you willing to go to any lengths to stop?
 Are you abstinent today?
 When was the last time you ate compulsively?
 Do you want to work the steps together?

Step 1: Do you concede to your innermost self that you are powerless over food? (Step 1, read pg. 30)
 Do you have any reservations or lingering ideas that one day you will be immune to or UNAFFECTED by compulsive eating behaviors?

Step 2: Do you now believe or are you willing to believe in a Power Greater than yourself? (pg. 47)
 Do you believe God can and that He will relieve you of your compulsive eating behaviors if you seek Him?
 Either God is everything or else He is nothing. Either God is or He isn't. What is your choice to be?

Step 3:

Are you convinced that you are a food addict and cannot manage your own life?
 Are you convinced that no human power can relieve you of your compulsive eating behaviors?
 Are you convenience that God can and that He will relieve you of your compulsive eating behaviors?
 Are you willing to have God guide your recovery and your life?

If the answer is yes to all these questions, then take the Third Step Prayer together:

Step Three Prayer: God I offer myself to Thee - to build with me and do with me as Thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do Thy will always!

Abandon your life to God with the most self-surrender you can possibly muster.

This completes Steps 1, 2 & 3, however, this decision has "little permanent effect unless at one followed" by action. With this in minds, steps 4-8 are about to be done right now, in one fell swoop

Step 4 Inventory Form								
Name	Resentment	Fear	Selfishness	Dishonesty	Pride/False Pride	Jealousy	Envy	Laziness
For resentments only								
Affects my: self-esteem								
Pride								
Ambition								
Security								
Personal Relations								
Sex Relations								
Pocket Book								
Assets	Forgiveness	Faith/Love	Unselfishness	Honesty	Humility	Trust	Contentment	Action
Amends								Willing?

Step 4 Multiple Column Inventory Format

Resentment Worksheet Example				
List all names	The cause.	In what specific ways is this resentment impacting my identity, and ability to feel safe, secure and loved? Affects my....	Where was I at fault? How was I selfish, self-seeking, dishonest or afraid?	What should I have done instead?

Fears Worksheet Example					
List your current fears	Why do I have this fear?	Where was my trust and reliance?	Was it because self-reliance fails me?	What should we now rely upon if not ourselves?	When I experience this fear, what would God have me BE?
		Did you feel you could handle the situation as you saw it?	Did relying on me work?	How would this fear be different if I would trust and rely on God?	

Harms Worksheet Example			
List all names	Harm Done	Where were we at fault? Whom did we hurt?	What should we have done instead?

Sex Worksheet Example			
List all names	Harm Done	Where were we at fault? Whom did we hurt?	What should we have done instead?

Meditation and Freedom From Bondage To Self

We don't see things as they are. We see them as WE are.

Our perceptions of the world around us are filtered by the quality of our thoughts and feelings. When we change our perceptions, our experience of the world changes too.

By practicing prayer and meditation, we learn to watch our thoughts and feelings.

We pause. And then, we ask God to direct our thinking. Over time, we learn to respond to life rather than react to it.

We transform our lives!

The spiritual life is not a theory. We have to live it!

Making a decision using the 4 Absolutes: My will vs. God's Will

Self-will	G-d's Will	Question	Action	Outcome
Fear	Love <i>Love is the beauty of the soul</i>	Is this action/inaction beautiful (based in faith) or ugly (based on fear)? Where in this am I coming from Fear and where in this am I coming from Love?	Faith	Courage
Dishonesty	Honesty <i>Being truthful to others and yourself</i>	Is this action/inaction true or false? What am I assuming? What is the truth?	Amends	Acceptance
Resentment	Purity <i>Purity means looking to God for our standards and not the world.</i>	Are my motives pure? Is this action/inaction right (good) or wrong (bad)?	Forgiveness	Wisdom
Selfishness	Selflessness <i>How can I be useful, of what service can I be?</i>	Removing "you" and "your" self-interest from the equation altogether, ask your "self": How will this action/inaction affect others? Will anyone be hurt by this?	Service	Serenity

Guided Meditation Breath Awareness

Guided Meditation Breath Awareness

Choose a quiet place. Sit comfortably on the floor or in a chair.
 Sit with your back straight, but not rigid.
 Align your head, neck and shoulders with each other. Place your feet on the floor and rest your hands gently on your lap.
 Take a moment to meditate on an inspirational phrase or word.
 Silently and quietly to yourself, repeat your inspirational phrase or word. Take this time to silently connect to God and feel His presence. If you like, visualize a connection to God like a stream of water.
 Now, bring your attention to the room where you are sitting.
 Hear the sounds. Feel your body. Notice your breathing.
 Without trying to control your breathing, pay attention to the incoming and outgoing breath. Feel the movement of your breath, the actual sensations of breathing. Feel the air at the tip of your nose, over your lip, and the stretching of your abdomen as it rises and falls with each breath.
 Keep focusing on your breathing and count from 1 - 5 forwards and backwards, silently repeating the number with each inhalation and exhalation. Count 1 – 2 - 3 – 4 – 5 – 4 – 3 – 2 – 1 as you breathe in and breathe out.
 If your mind wanders, observe your thoughts as if they are bubbles of air under water floating to the surface.
 Then, gently return your attention to the breath and counting from 1 - 5.
 As we close this meditation, return to once again noticing yourself in the room and sitting.
 When you are ready, slowly open your eyes and return to the room.