

STEPS-IN-THE-ZONE 4TH STEP/10TH STEP INVENTORY WORKSHEET

See Pages 64-71 in the book "Alcoholics Anonymous" for instructions. When using this form, always work from top to bottom (i.e., Do Column 1 for ALL resentments, then Column 2, then each of the parts in Column 3, and finally Column 4. Same for Fears & Harms.)

| |
|------|
| NAME |
| DATE |

| | | | | |
|----------|----------------------|-----------------------|-----------------------|------------------|
| Instinct | 3rd Column Instincts | Inside Self | Outside Self | Ambitions |
| | Social | Self-Esteem | Personal Relationship | Social Ambitions |
| | Security | Emotional Security | Material Security | Sexual Ambitions |
| | Sexual | Acceptable Sex (Love) | Hidden Sex (Lust) | Sexual Ambitions |

4TH Step/10TH Step INVENTORY FRAMEWORK: PERSONAL INVENTORY Structure derived from the format used by JOE AND CHARLIE in their BIG BOOK STUDY.

| Sequence # | 1st Column | 2nd Column - The Cause | | 3rd Column - Affects My: | | | | 4th Column - "Referring to our list again...we resolutely looked for our own mistakes..." | | | | | | |
|------------|-------------|------------------------|--|--------------------------|-------------------|-----------------|-----------|--|--------------------------|--|--|--|-------|-----------------|
| | Who or What | The Cause | | SOCIAL INSTINCT | SECURITY INSTINCT | SEXUAL INSTINCT | AMBITIONS | Where was I to blame? What did I do to set into motion the train of events? How did I set the ball rolling? (for Sex...had I unjustifiably aroused jealousy, suspicion, bitterness) | COMMON CHARACTER DEFECTS | | | | Notes | I owe an Amends |
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|--|-------------|------------------------|--|-----------------------|--------------------|-------------------|-----------------------|-------------------|--|--------------------|------------------|---|-------|-----------------|--|--|--|--|--|
| | Who or What | The Cause | SOCIAL INSTINCT | PERSONAL RELATIONSHIP | EMOTIONAL SECURITY | MATERIAL SECURITY | ACCEPTABLE SEX (LOVE) | HIDDEN SEX (LUST) | SOCIAL AMBITIONS | SECURITY AMBITIONS | SEXUAL AMBITIONS | COMMON CHARACTER DEFECTS | Notes | I owe an Amends | | | | | |
| <p>Being convinced that Self ... was what had defeated us, we considered its common manifestations -- Resentment, Fear, and Guilt. These waste our thoughts which could be focused on thinking about the next "right" thing to do...and we drink at these things</p> <p>FOR RESENTMENTS We listed people, institutions or principles with whom we were</p> <p>FOR FEARS We reviewed our fears</p> <p>FOR HARMS DONE (SEX) Whom had we Hurt?</p> | | | <p>Identify Instincts that were threatened>>></p> <p>Identify Self-Reliance That Failed us >>>></p> <p>Identify Instincts that motivated us>>></p> | | | | | | <p>Self-Esteem</p> <p>Personal Relationship</p> <p>Emotional Security</p> <p>Material Security</p> <p>Acceptable Sex (Love)</p> <p>Hidden Sex (Lust)</p> <p>Social Ambitions</p> <p>Security Ambitions</p> <p>Sexual Ambitions</p> | | | <p>Where was I to blame?</p> <p>What did I do to set into motion the train of events?</p> <p>How did I set the ball rolling?</p> <p>(for Sex...had I unjustifiably aroused jealousy, suspicion, bitterness)</p> | | | <p>Selfish (I own)</p> <p>Dishonest</p> <p>Self-Seeking (I want)</p> <p>Afraid (Fear)</p> <p>Inconsiderate</p> | | | | |
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