

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.”

Name	Resentment	Fear	Selfishness	Dishonesty	Pride/False Pride	Jealousy	Envy	Laziness?
Assets	Forgiveness	Faith/ Love	Unselfishness	Honesty	Humility	Trust	Contentment	Action
Amends								Willing?

List your resentments, current fears and harms done to others.

For **resentment**, ask the following questions:

1. What is the resentment?
2. What is the reason you have it?
3. In what specific ways is this resentment impacting your identity, and your ability to feel safe, secure and loved?
4. Is there any fear?
5. What is it that I am expecting from the person?

Fears: For each (current) fear: why do you have that fear?

Liabilities: Using the simplistic grid list apply with a series of checkmarks, which liabilities apply to each specific resentment, fear or harm. Not everyone on the list will have checks and in some cases there may be very few “liabilities”.

Do you have any resentments, fears, selfishness, dishonesty, pride/false pride, jealousy, envy or laziness?

Who was affected by resentments, fears, selfishness, dishonesty, pride/false pride, jealousy, envy or laziness?

OR: Each liability can be addressed in a more general way: where and to whom have you been dishonest, selfish, full of false pride.....

Harm: For every person on your resentment, fear or harm list: Has a harm been done?

Did your (liability) harm this person?

If a harm has been done, cross the check as an indication that an amends needs to be done.

A harm is: something that has caused someone actual suffering or loss, something that you did have done that has had a negative effect on another.

The Turnaround: Assets, Forgiveness, Faith, Amends,

The assets that are on the bottom of the list are what we are striving to incorporate into our new personalities, and when we act in this way, we are acting in accordance with God’s will for us.

List your assets. Identify the character assets: those items with the least number of check marks. We grow by our willingness to face and rectify errors (liabilities) and convert them into assets.

- What should you have done instead?
- How would God have you be?
- If this happens again, how might you respond differently?

For example: If we are acting in a dishonest way, we strive for honesty, etc.

Forgiveness: If we have resentments in our lives, we will strive for forgiveness.

We ask: “Are you willing to forgive the person towards whom you are feeling resentful?”

If there is anything that we are holding onto, we ask: “Are you willing with prayer to forgive the person?”

Faith: If we find we have fear in our lives, it is clear that we need to ask God for faith.

We ask: Are you willing to turn over your fears and have faith in God?

Amends: We overcome harms with amends. Ask: *Do I owe an amends?*

If I have an outstanding apology, it must be made as soon as practicable once the review has been completed. We ask God’s forgiveness and what corrective measures should be taken. Ask: Are you willing to make amends for the harms you have done?

We ask: Are you willing to have God remove the defects of character that are blocking you from Him? Are you willing to ask God to help you let go of them? Pray to have the character defect removed. (Step 6)

Say the 7th step prayer.

Have I knowingly omitted writing down anything I have done or left undone that makes me feel guilty, ashamed or separated from God, from people, or from myself?

If your answer is an honest “NO!” then we have completed Step 5