

**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 ability to feel safe, secure and loved?
4. Is there any fear?
5. What is it that you are 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? Refer to the Definitions.

Who was affected by any 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 one has 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 which are the 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?”

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 ask God to remove my fears and put your faith only in Him?

**Amends:** We overcome harms with amends.

We ask our sharing partner: *Do I owe an amends?* If you 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 let God removed from you all the things you find objectionable? Are you willing to have God remove the defects of character that are blocking you from Him? (Step 6)

Pray to have the character defect removed.

Say the 7<sup>th</sup> 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

#### **Step 4 Inventory Definitions -Liabilities (Self Will)**

Resentment: a feeling of deep and bitter anger and ill-will, a feeling of anger or displeasure stemming from belief that others have engaged in wrongdoing or mistreatment; dismissive, contemptuous; a hostile or indignant attitude. Resentment directed at self is remorse.

Fear: anxious or apprehensive about a possible or probable situation or event, fear is an emotional response to a perceived threat, afraid of losing something we have or not getting something we want. Phobia, panic, terror, anxiety, and worry are all manifestations of fear. Fear is finding fault with the future.

Selfishness: placing one's own needs or desires above the needs or well-being of others, an excessive concern for your own welfare and a disregard of others.

Dishonesty: acts of lying, cheating or stealing, being deliberately deceptive, lacking in integrity, taking what does not belong to us.

Pride/False Pride: Pride is thinking that one is superior to others in some way. Pride is presenting yourself to others (and yourself) as something you are not -a person without flaws, prejudicial, arrogant. Feeling less than others is false pride as it arises from a pre-occupation with self, as does dwelling on self-pity and self-doubt and maintaining a lack of self-worth. Both extremes of pride/false pride are rooted in a lack of humility -knowing who you truly are.

Jealousy: negative thoughts and feelings of insecurity, fear, and anxiety over an anticipated loss of something that you value, such as a relationship, friendship, or love.

Envy: spite and resentment at seeing the success of another, wanting another's possessions

Laziness: inactivity resulting from a dislike of work or accomplishment, procrastination is a form of laziness, not doing what is in one's best interest or what is expected of us.

#### **Step 4 Inventory Explanation Of Terms -Assets (Gods Will)**

Forgiveness: Complete acceptance of another's perceived faults or wrongdoings, being free of judgments.

Faith/Love: a sincere belief in God's will, an unselfish and benevolent concern for another's well-being, love extends oneself for the purpose of nurturing another's spiritual growth.

Unselfishness: a strong intention to serve, generous, generosity of spirit, to give freely.

Honesty: adherence to the truth.

Humility: acceptance of self as one is, modest, down to earth, equal to all others.

Trust: confidence, faith in other's intentions.

Contentment: being at peace with the people and events of one's life, a deep satisfaction with one's life as it is.

Action: doing what is needed or indicated without delay.