

BASIC INSTINCTS OF LIFE THAT CREATE SELF

SOCIAL INSTINCT	SECURITY INSTINCT	SEX INSTINCT
COMPANIONSHIP - Wanting to belong or to be accepted. PRESTIGE - Wanting to be recognized or to be accepted as a leader. SELF-ESTEEM - How we think of ourselves, high or low. PRIDE - An excessive and unjustified opinion of one's self, either positive (self-love) or negative (self-hate). PERSONAL RELATIONSHIPS - Our relations with other human beings and the world around us. AMBITIONS - Our plans to gain acceptance, power, recognition, prestige, etc. <i>(INCORRECT JUDGEMENT)</i>	MATERIAL - Wanting money, things, property, clothing, etc. in order to be secure in the future. EMOTIONAL - Based upon our needs for another person or persons. Some tend to dominate others, some are overly dependant on others. AMBITIONS - Our plans to gain material wealth, or to dominate others, or to depend upon others. <pre> graph TD SELF([SELF]) --> WRONGS([WRONGS]) WRONGS --> RESENTMENTS[RESENTMENTS] WRONGS --> FEAR[FEAR] WRONGS --> HARMS[HARMS OR HURT] </pre> <i>(INCORRECT BELIEF)</i>	ACCEPTABLE - Our sex lives as accepted by society, God's Principles or our own principles. HIDDEN - Our sex lives that are contrary to either Society, God's Principles or our own principles. AMBITION - Our plans regarding our sex lives whether acceptable or hidden. <i>(INCORRECT ACTIONS)</i>
RESENTMENTS	FEAR	HARMS OR HURT
Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.	Feelings of anxiety, agitation, uneasiness, apprehension, etc.	Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.

STEP 4
INVENTORY COMPARISON

BUSINESS

PERSONAL

FACT-FINDING	<->	SEARCHING
FACT-FACING	<->	FEARLESS
TRUTH	<->	MORAL
STOCK-IN-TRADE	<->	OURSELVES

OBJECT:

DISCLOSE		FIND FLAWED
DAMAGED OR	<->	THINKING
UNSATISFACTORY		PROCESSES
GOODS		

GET RID OF		GET RID OF
THEM PROMPTLY	<->	THEM PROMPTLY
WITHOUT REGRET!		WITHOUT REGRET!

STOCK IN TRADE		1. RESENTMENT
THAT IS	<->	2. FEAR
DAMAGED		3. HARMS DONE
		TO OTHERS

GLOSSARY OF WORDS USED IN STEPS FOUR AND FIVE

EXACT	Very accurate, methodical, correct
NATURE	The essential characteristic of a thing
WRONG	Acting, judging, or believing incorrectly
FAULT	Something done wrongly, an error or mistake
MISTAKE	To understand or perceive wrongly
DEFECT	Lack of something necessary for completeness. - Same as shortcoming
SHORTCOMING	Falling short of what is expected or required. - Same as defect
SELF-CENTERED	Occupied or concerned only with one's own affairs. - Same as selfish
SELFISH	Too much concern with one's own welfare or interests and having little or no concern for others - Same as self-centered
SELF-SEEKER	A person who seeks only or mainly to further his own interests
DISHONEST	The act or practice of telling a lie, or of cheating. deceiving. stealing, etc.
FEAR	feeling of anxiety, agitation, uneasiness, apprehension. etc.
FRIGHTENED	A temporary or continual state of fear
INCONSIDERATE	Without thought or consideration of others

4th Step Glossary

3rd Column words

Ambitions	Your plans or great desires.
Self-Esteem	What we think of ourselves.
Emotional Security	Exposure to feelings of apprehension or doubt.
Personal Security	Exposure to danger, risk or safety to physical well-being.
Financial Security	Wanting money, property, clothing, housing, cars, etc. in order to be secure.
Personal Relationships	Our relations with other human beings and the world around us. Involves a third party. (Note: do not use person from column one, only others around us).
Sex Relations	Our sex lives.
Fear	A feeling of anxiety, agitation, uneasiness, apprehension, etc. May be temporary or continual.

4th Column words

Selfish	Influenced by personal motives to the disregard of the welfare or wishes of others. (Also includes: Did the person act the way I wanted them to? Did that person act the way they did because of something I don't know about or understand?)
Self-Seeking	The interest in furthering one's own interests or advancing one's own ends among others. Effecting how others perceive me. Trying to have a reputation that is not deserved.
Dishonest	1) By Commission: To commit, to do, to act on, out and out lies. 2) By Omission: To omit. What I didn't say. Information I did not provide. Did I tell them what I needed, how I felt or what I thought? Have I been honest with myself?
Frightened	Afraid. Fear, especially that which arises from apprehension. May result from reliance upon people, places and things instead of having faith in a Higher Power.
Inconsiderate	Lack of consideration about how another person felt, their wants, their needs, their beliefs, or how I affected them?
Pride	High or inordinate opinion of one's own dignity, importance, merit or superiority, whether as cherished in the mind or displayed in bearing, conduct, etc.; pleasure or satisfaction taken in something done by or belonging to oneself.

FEAR INVENTORY PROMPT SHEET

*Here is a list of fears that may be helpful in your fear inventory.
Feel free to add to the lists if you need to.*

Fear Of God	Fear Of Drowning
Fear Of Dying	Fear Of Men
Fear Of Insanity	Fear Of Women
Fear Of Insecurity	Fear Of Being Alone
Fear Of Rejection	Fear Of People
Fear Of Loneliness	Fear Of Crying
Fear Of Disease's	Fear Of Poverty
Fear Of Alcohol	Fear Of Races
Fear Of Drugs	Fear Of The Unknown
Fear Of Relapse	Fear Of Abandonment
Fear Of Sex	Fear Of Intimacy
Fear Of Sin	Fear Of Disapproval
Fear Of Self-Expression	Fear Of Rejection
Fear Of Authority	Fear Of Confrontation
Fear Of Heights	Fear Of Sobriety
Fear Of Unemployment	Fear Of Hospitals
Fear Of Employment	Fear Of Responsibility
Fear Of Parents	Fear Of Feelings
Fear Of Losing A Wife	Fear Of Getting Old
Fear Of Losing A Husband	Fear Of Hurting Others
Fear Of Losing A Child	Fear Of Violence
Fear Of Animals	Fear Of Writing Inventory
Fear Of Insects	Fear Of Being Alive
Fear Of Police	Fear Of Government
Fear Of Jail	Fear Of Gangs
Fear Of Doctor's	Fear Of Gossip
Fear Of Stealing	Fear Of Wealthy People
Fear Of Creditors	Fear Of Guns
Fear Of Being Found Out	Fear Of Change
Fear Of Homosexuals & Lesbians	
Fear Of Failure	
Fear Of Success	
Fear Of Responsibility	
Fear Of Physical Pain	
Fear Of Fear	

RESENTMENT INVENTORY PROMPT SHEET

Here is a list of people, institutions and principles that may be helpful in your resentment inventory. Feel free to add to the lists if you need to.

<u>PEOPLE</u>	<u>INSTITUTIONS</u>	<u>PRINCIPLES</u>
Father (Step)	Marriage	God-Deity
Mother (Step)	Bible	Retribution
Sisters (Step)	Church	Ten Commandments
Brothers (Step)	Religion	Jesus Christ
Aunts	Races	Satan
Uncles	Law	Death
Cousins	Authority	Life After Death
Clergy	Government	Heaven
Police	Education System	Hell
Lawyers	Correctional System	Sin
Judges	Mental Health System	Adultery
Doctors	Philosophy	Golden Rule
Employer's	Nationality	Original Sin
Employee's		Seven Deadly Sins
Co-Workers		
In-Laws		
Husbands		
Wives		
Creditors		
Childhood Friends		
School Friends		
Teachers		
Life Long Friends		
Best Friends		
Acquaintances		
Girl Friends		
Boy Friends		
Parole Officers		
Probation Officers		
A.A. Friends		
C.A. Friends		
N.A. Friends		
U.S. Service Friends		

Finding Fear in Resentments

Ask these three questions on each Resentment and you will find fear.

1. Am I going to lose something I already have?
2. Am I not going to get something I really want?
3. Am I afraid someone will find out something about me that I'm ashamed of?

Harms other than Sexual Inventory Sheet Prompts

Gossip, Disappointment, Conning, Manipulation,
Stealing, Absence, Phoniness, Intolerance, Bullying

4th Step Inventory Workshop
Downloadable PDF Files Link

<https://www.aarfw.org/>