Back to the Basics of the "Big Book"

Fourth Step Questions

Resentment Inventory

1. Who or what are you angry at? ----------

Fear Inventory

2. Who or what are you afraid of? ----------

Harms inventory

3. Toward whom have you been selfish? ----------

4. Where have you been dishonest? ----------

5. What about false pride–do you feel better than or less than others? ----------

6. Are you jealous of any relationship? ----------

7. Do you envy anyone's possessions? ----------

8. Where have you been lazy? ----------

During the discussion of each event or situation, ask your partner to "*resolutely look for your own mistakes. . . . Though a situation had not been entirely your fault, you are to disregard the other person entirely. Where were you to blame?"* (pg. 67: 2 (2-3, 4-7), edited).

Ask him or her, "Are you prepared to forgive those toward whom you feel resentment?" If not, then *"we ask God to help us be willing."* (pg. 76: 1 (6-7)).

Ask, "Are you ready to overcome your fear with faith?" Together, *"We ask God to remove our fear and direct our attention to what God would have us be. At once, we commence to outgrow fear."* (pg. 68: 3 (7-10), edited).

In terms of harms, ask your partner, *"What are you "willing to do to set these matters straight?"* (pg. 67: 2 (10-11), edited). Keep in mind there are four types of amends: direct, living, in-kind and letters. Together, decide what would be the most appropriate *"course of action"* for each incident or circumstance.

Conclude the sharing session with a prayer. (pg. 76: 2 (1-7)).

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