Optional: Steps 1-3: Who am I and what am I doing? I am a food addict and I want to recover. To that end my job today is to trust God, clean house and help others. I am powerless over food and my life was unmanageable until I came to believe that a power greater than myself could restore me to sanity. Today ______________ I humbly turn my will (my thinking) and my life (my actions) over to the care and protection of my Higher Power.

3rd Step Prayer (p.63) God I offer myself to Thee to build with me and to do with me as Thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always!

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.”

<table>
<thead>
<tr>
<th>Name</th>
<th>Resentment</th>
<th>Fear</th>
<th>Selfishness</th>
<th>Dishonesty</th>
<th>Pride/False Pride</th>
<th>Jealousy</th>
<th>Envy</th>
<th>Laziness?</th>
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<th>Assets</th>
<th>Forgiveness</th>
<th>Faith/Love</th>
<th>Unselfishness</th>
<th>Honesty</th>
<th>Humility</th>
<th>Trust</th>
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Firstly, in this format, the healing comes with the sharing, not the writing. Any writing can be done by the sponsor, the sponsee but, it is not necessary. Also, nothing should be written which have legal ramifications. Anything illegal, etc., should be shared with someone who is bound by the rules of confidentiality.

Identifying our defects and how they manifest in our lives is the SOLE purpose of the 4th step. It is a fearless and thorough moral INVENTORY. We examine what our behavior is right now; who have we harmed; what are our fears; and how these character defects manifest in our lives. Together list and discuss your current resentments, fears and harms done to others.

The sponsor asks the questions:

**Resentments:** List the people, institutions or principles towards whom you feel resentful.

Who or what are you angry at?

Describe the situation: What specific actions did that person take to hurt you? How were you affected? How did it affect the relationship?

Consider: Did a decision based on Self later place you in a position to be hurt by this person? (Remembering that Selfishness and self-seeking is the root of our problems…)

**Fears:** List your current fears, which may or may not be connected to the resentments.

Look for the underlying fear. Why do you have this fear?

Did you feel you could handle the situation as you saw it?

Was it because self-reliance fails you?

What should we now rely upon if not ourselves?

Opt: What do you fear you will not receive?

What are you afraid will or will not happen?

**Harm:** For every person on your resentment, fear or harm list: Has a harm been done?
Briefly describe the circumstances. How did you treat that person or institution?

If a harm has been done, make a 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 we have done that has had a negative effect on another.

**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”.

For every person on your resentment, fear or harm list: Did your xxxxxx harm this person?

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

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……

For example: Where have you been selfish? What did you do, that favored yourself over others? What should you have done instead?

Where have you been dishonest?

False pride: Do you feel better than or less than others?

Are you jealous of any relationship?

Do you envy anyone’s possessions?

Where have you been lazy? What tasks have been left undone? Or need to be started, continued or completed? How am I going to prioritize? What will I do differently tomorrow? How can I use my time more constructively? How can I respond practically to anticipate trying situations or people?

Did you forget the rights of others in your own personal self-gratification?

Was this behavior selfish or not?

**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.

Do the turnaround/realization: Have you ever done to others what they did to you?

**List your assets.** We grow by our willingness to face and rectify errors (liabilities) and convert them into assets.

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

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.

If harmed: Are you prepared to forgive those towards who you feel resentment? What are you forgiving them for? Do you need to take some actions?
If not, are you willing with God’s help to pray for the willingness to forgive?

If you are unable to change the present state of affairs, are you willing to take the measures necessary to shape your life to conditions as they are?

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

Are you ready to overcome your fear with faith?

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

If you harmed, are you willing to make amends? Discuss the amends. Commit to doing them as appropriate. What are you willing to do to set these matters straight? List the types of amends. Direct, living, in-kind and letters. (Steps 8 & 9)

Are you willing to have these defects removed? (Step 6 – have a moment of silent prayer to ask God to remove your defects)

Are you willing to do God’s will? Here we begin to see where thoughts of self which caused us to harm others. Every single one of our character defects stem from this habitual thought of self. It is nothing but thoughts. The problem centers in our minds. Our thinking. Our problem is selfishness and self-centeredness. The solution is forgiveness and reliance on God in step 4. In step 10 we practice gaining control over our own thought life through the diligent observation and turning of our thoughts to God and outwards to others. Are we willing to turn our thoughts over to the task at hand or to higher principles of love, service, patience tolerance, etc? What corrective measures can I make to align my will with God’s will?

Pray the 7th step prayer. “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”

Step 10: process and explanation. Continue to take personal inventory and set right any new mistakes. Our next function is to grow in understanding and effectiveness. Continue to watch for selfishness, dishonest, resentment and fear. When these crop up, we ask god at once to remove them. We discuss them with someone immediately and make amends. Then we resolutely turn our thoughts to someone we can help. Love and tolerance is our code.

Step 11: process and explanation. Suggests prayer (talking to God) and meditation (listening to God). Are you willing?

Step 12: be of service and carry the message. Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other addicts.

Daily: say first, second and third steps. Say the third and seventh step prayer. Practice steps ten, eleven and twelve.

Conclude the session with prayer. God grant me the serenity to accept the things I cannot change, Courage to change the things I can, and the wisdom to know the difference.

Be of service. God got us well so that we can be constructive and useful and fit ourselves to be of maximum service to others.

**Considerations:** The Big Book concludes the inventory section by saying: “If you have already made a decision, (Step 3) and an inventory of your grosser handicaps (Step 4), you have made a good beginning. That being so, you have swallowed and digested some big chunks of truth about yourself.”

Now ask yourself the following question:

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

After you have completed the list and discussed the list with your sharing partner:
• Take time to quietly review the list with your higher power and thank your higher power for your sobriety and their support in developing comfortable and contented sobriety and for fitting yourself to be of service to others with this disease.

Following this step, the Big Book promises:

“Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.”

**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. Alt: An inability to accept reality.

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 Explanations 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.