

## WHAT IS THE SOLUTION ?

**Fellowship supports us.**

OLD MEMBER...supports through experience-> **NEW >**  
OLD MEMBER...supports through strength- -> **MEMBER**  
OLD MEMBER.....supports through hope- - - ->

**A Fellowship of those  
who suffer the same problem.**

**Spiritual experience or  
spiritual awakening  
changes us.**

**> Believe > Willingness  
> Investigate**

**v**

**Simple Kit of Spiritual Tools**

**v**

**The Twelve Steps.**

**1 > 2 > 3 > 4 > 5 > 6**

**7 > 8 > 9 > 10 > 11 > 12**

**v**

**The process revolutionizes our  
entire attitude toward life, toward  
our fellows, and toward God's  
Universe.**

**v**

**Personality Change  
Sufficient To Recover  
From Alcoholism**

**STEP 4 Inventory Comparison**

**Business**

FACT-FINDING  
FACT-FACING  
TRUTH  
STOCK-IN-TRADE

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**Personal**

SEARCHING  
FEARLESS  
MORAL  
OURSELVES

**OBJECT:**

DISCLOSE DAMAGED  
OR  
UNSALEABLE GOODS

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FIND FLAWED  
THINKING  
PROCESS

GET RID OF THEM  
PROMPTLY  
WITHOUT REGRET

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STOCK IN TRADE  
THAT IS DAMAGED

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GET RID OF THEM  
PROMPTLY  
WITHOUT REGRET

1. RESENTMENT
2. FEAR
3. HARMS DONE TO OTHERS

## Glossary of Words Used In Steps Four and Five

**defect:** Lack of something necessary for completeness. Same as shortcoming.

**dishonest:** The act or practice of telling a lie, or of cheating, stealing, etc.

**exact:** Very accurate, methodical, correct.

**fault:** Something done wrongly, an error or mistake.

**fear:** A feeling of anxiety, agitation, uneasiness, apprehension, etc.

**frightened:** A temporary or continual state of fear.

**inconsiderate:** Without thought or consideration of others.

**mistake:** To understand or perceive wrongly.

**nature:** The essential characteristic of a thing.

**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.

**shortcoming:** Falling short of what is expected or required. Same as defect.

**wrong:** Acting, judging, or believing incorrectly.

## Basic Instincts of Life Which Create Self

Social Instinct	Security Instinct	Sexual Instinct
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<p><b>Companionship:</b> Wanting to belong or to be accepted.</p> <p><b>Prestige:</b> Wanting to be recognized or to be accepted as a leader.</p> <p><b>Self-Esteem:</b> What we think of ourselves, high or low.</p> <p><b>Pride:</b> An excessive and unjustified opinion of oneself, either positive ( self-love ) or negative ( self-hate ).</p> <p><b>Personal Relationships:</b> Our relations with other human beings and with the world around us.</p> <p><b>Ambitions:</b> Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p><b>Material:</b> Wanting money, buildings, property, clothing, etc., in order to be secure.</p> <p><b>Emotional:</b> Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.</p> <p><b>Ambitions:</b> Our plans to gain material wealth, or to dominate, or to depend on others.</p> <div style="text-align: center; background-color: #cccccc; padding: 10px;"> <p>∨ ∨ &gt;&gt;&gt; SELF &lt;&lt;&lt;</p> </div>	<p><b>Acceptable:</b> Our sex lives as accepted by either Society's, God's, or by our own principles.</p> <p><b>Hidden:</b> Elements of our sex of our sex lives which are contrary to either Society's, God's, or our own principles.</p> <p><b>Ambition:</b> Our plans regarding our sex lives, either acceptable or hidden.</p>
<p style="text-align: center;"><b>Resentments</b></p> <p>Feelings of bitter hurt or indignation which come having rightly or wrongly held feelings of being injured or offended.</p>	<div style="text-align: center; background-color: #cccccc; padding: 10px;"> <p>&lt;&lt;&lt; WRONGS &gt;&gt;&gt;</p> <p>∨</p> <p><b>Fear</b></p> </div> <p>Feelings of anxiety, agitation, uneasiness, apprehension, etc.</p>	<p style="text-align: center;"><b>Harms or Hurts</b></p> <p>Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also for self.</p>

### Review of Resentments

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p>I Am Resentful At:</p> <p>I list people, institutions or principles with whom I am angry.</p>	<p>The Cause:</p> <p>I ask myself why I am angry, what did they do to me to cause the anger?</p>	<p>Affects My:</p> <p>On my grudge list I set opposite each name my injuries. Was it my self- esteem, my security, my ambitions, my personal, or sex relations, which had been interfered with?</p>	<p>What Did I Do?</p> <p>Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?</p>	<p>Where Had I Been:</p> <ul style="list-style-type: none"> <li>- 'Selfish' ?</li> <li>- 'Dishonest' ?</li> <li>- 'Self-Seeking &amp; Frightened' ?</li> <li>- 'Inconsiderate' ?</li> </ul> <p>Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old resentment, even though I may have done nothing to cause it?</p>

### Review of Fears

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p>Who or What Do I Fear:</p>	<p>The Cause:</p>	<p>Affects My:</p>	<p>What Did I Do?</p>	<p>Where Had I Been:</p>

<p>I list people, institutions or principles that I fear.</p>	<p>What are they going to do to me? Am I perhaps going to jail? Am I going to lose something with material value? Am I going to lose face? Will it result in divorce? Will it destroy a personal relationship? Might I lose my job, etc. ?</p>	<p>On my grudge list I set opposite each name my injuries. Was it my self-esteem, my security, my ambitions, my personal, or sex relations, which had been interfered with?</p>	<p>Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?</p>	<p>- 'Selfish' ?                  - 'Dishonest' ?                  - 'Self-Seeking &amp; Frightened' ?                  - 'Inconsiderate' ?</p> <p>Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old fear, even though I may have done nothing to cause it?</p>
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### Review of My Own Sex Conduct

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p><b>Who Did I Hurt:</b></p>	<p><b>What Did I Do?</b></p>	<p><b>Affects My:</b></p> <p>Which part of self caused me to do what I did? Was it caused by the social instinct, or the sex instinct?</p>	<p><b>What Feelings Did I Create In Others?</b></p> <p>Did I unjustifiably arouse jealousy, or bitterness? What should I have done instead?</p>	<p><b>Where Had I Been:</b></p> <p>- 'Selfish' ?                  - 'Dishonest' ?                  - 'Self-Seeking &amp; Frightened' ?                  - 'Inconsiderate' ?</p> <p>Which of the above character defects caused me to do what I do to harm another?</p>

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### Review of Harms Other Than Sexual

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p><b>Who Did I Hurt:</b></p>	<p><b>What Did I Do?</b></p>	<p><b>Affects My:</b></p> <p>On my grudge list I set opposite each name my injuries. Was it my self-esteem, my security, my ambitions, my personal, or sex relations, which had been interfered with?</p>	<p><b>What Feelings Did I Create In Others?</b></p> <p>Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?</p>	<p><b>Where Had I Been:</b></p> <ul style="list-style-type: none"> <li>- 'Selfish' ?</li> <li>- 'Dishonest' ?</li> <li>- 'Self-Seeking &amp; Frightened' ?</li> <li>- 'Inconsiderate' ?</li> </ul> <p>Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old fear, even though I may have done nothing to cause it?</p>

## Daily Inventory

When we retire at night, we constructively review our day.

Were we resentful, selfish, dishonest, or afraid?

**Personality Characteristics of Self Will - Personality Characteristics of God's Will**

Selfish & Self-Seeking		< Check Boxes >		Interest In Others
<b>Dishonesty</b>				<b>Honesty</b>
<b>Frightened</b>				<b>Courage</b>
<b>Inconsideration</b>				<b>Consideration</b>
<b>Pride</b>				<b>Humility - Seeking God's Will</b>
<b>Greed</b>				<b>Giving Or Sharing</b>
<b>Lust</b>				<b>What We Can Do For Others</b>
<b>Anger</b>				<b>Calmness</b>
<b>Envy</b>				<b>Gratitude</b>
<b>Sloth</b>				<b>Take Action</b>
<b>Gluttony</b>				<b>Moderation</b>
<b>Impatience</b>				<b>Patience</b>
<b>Intolerance</b>				<b>Tolerance</b>
<b>Resentment</b>				<b>Forgiveness</b>
<b>Hate</b>				<b>Love - Concern For Others</b>
<b>Harmful Acts</b>				<b>Good Deeds</b>
<b>Self-Pity</b>				<b>Self-Forgetfulness</b>
<b>Self-Justification</b>				<b>Humility - Seek God's Will</b>
<b>Self-Importance</b>				<b>Modesty</b>
<b>Self-Condernation</b>				<b>Self-Forgiveness</b>
<b>Suspicion</b>				<b>Trust</b>
<b>Doubt</b>				<b>Faith</b>



