

Back to the Basics of the “Big Book”

Fourth Step Questions

Resentment Inventory

1. Who or what are you angry at? *Ex Myself Court God*

Fear Inventory

2. Who or what are you afraid of? *Court Relapse Health*

Harms inventory

3. Toward whom have you been selfish? *Ex Employer Friend #1*

4. Where have you been dishonest? *Ex Myself Employer Friend #2*

5. What about false pride—do you feel better than or less than others? *God Employer*

6. Are you jealous of any relationship? *Family Member*

7. Do you envy anyone’s possessions?

8. Where have you been lazy? *Ex Employer Myself*

Shame about Friend #2

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)).