

Recovery Fellowship

Welcome to our

12 Step

Pathway to Freedom



Step 4

Worksheets

“Let us test and examine our ways. Let
us turn back to the Lord”
(Lamentations 3:40)

Recovery Fellowship

Step 4: Made a searching and fearless moral inventory of ourselves.

It really does not matter if you are excited about taking this step. *What matters is that you take the step honestly and to the best of your ability.* Do not rationalize that you'll take it better if you do it later...or after you have been in recovery longer. Just do it because you have been told it is necessary. Believe that. Take the inventory and move on with your recovery and with your life.

On this page make a list of your resentments. Name the people you resent, why you resent them, and how the resentments have affected you. Use an extra sheet of paper if you need it.

On this page list the things and people you fear. Give examples and reasons if you know them.

On this page list the people you have harmed by your sex life. Where were you selfish, inconsiderate or downright cruel? Be specific and try to remember all you can.

On this page list your assets and your liabilities. What are your strong points and what are the weak points in your character?

Step Four Questions

1. In your opinion, what is the worst thing you have ever done? Elaborate.
2. What is the one thing, or perhaps more than one, you have told yourself you will take to your grave, and never tell anyone?
3. If you thought you could kill one person and get away with it, would you do it? Who would it be, and why?
4. Do you fear taking the fifth step? If so, why?

10. Do you ever indulge in gossip? Why do you think you do this?

11. Do you sometimes enjoy watching other people suffer? If so, why?

12. Do you ever go into a rage? If so, what gets you going in that direction?

13. Do you appreciate it when other people go out of their way to help you?

14. Do you think other people should feel obligated to help you?

15. Would you consider yourself mostly a giver or mostly a taker?

16. Of all your relatives, which one do you enjoy being around the least?
17. Which one of your siblings do you like the best? Why?
18. Did you enjoy high school? Why or why not?
19. Do you lie a lot? If so, why?
20. What one word describes you better than any other?
21. Are you honest with most people?
22. Are you being honest on this worksheet?
23. Are you looking forward to talking to your sponsor about this?
24. Has your sponsor told you that after completing these step worksheets you should live by what you take from this process? **Yes, we must live the 12 steps.** Do you understand that? Either way, talk to your sponsor about it.