

Step 4 AA Worksheet

Free printable from AAmazingtabs

A one-page starting point for your 4th Step inventory. Work it with your sponsor and your Big Book open.
Big Book page references (4th Edition): resentments pp. 64–67 · fears pp. 67–68 · sex conduct pp. 68–70.
Write in your own words. Be honest and thorough; honesty matters more than neat handwriting.

1. Resentments

Big Book pp. 64–67

Who or what am I angry at?	What happened? The facts, briefly	What did it hurt in me? Pride, security, plans, people	My part What did I do or leave undone?

2. Fears

Big Book pp. 67–68

What am I afraid of?	Why do I have this fear? Where it shows up in my life	What would help me let it go? Ideas to talk over with my sponsor

3. Sex Conduct & Relationships

Big Book pp. 68–70

Who was involved?	What did I do?	Who was hurt, and how?	What would I do differently?

Want the complete inventory?

The AAmazingtabs 4th Step Inventory Workbook: 33 pages for Steps 4, 6, 8 & 9. \$12.99 instant download.
aamazingtabs.com/4th-step-packet