

12 STEP WORKBOOK
STEP FOUR – CLEANING HOUSE – HONESTY
***Made A Searching and Fearless Moral Inventory Of
Ourselves***¹⁶

READ IN PREPARATION:

"*Alcoholics Anonymous* – **"Next we launched...** (cont. to)...**truth
about yourself."** – Pages 63-71

And, Twelve Steps and Twelve Traditions – Step Four
Pages 43-55

DEEP SOUL CLEANSING

I'm Resentful at or Fear: (1)	The Cause (2)	Affects my: (3) (Check below)
		<input type="checkbox"/> Self-Esteem <input type="checkbox"/> Security <input type="checkbox"/> Ambitions <input type="checkbox"/> Personal Relations <input type="checkbox"/> Sex Relations <input type="checkbox"/> Pride/Shame <input type="checkbox"/> Fear
List Major "Character Defects" in preparation for STEPS 6 & 7		
AMENDS		STEP 8
		<input type="checkbox"/> Now <input type="checkbox"/> Later <input type="checkbox"/> Never

I'm Resentful at or Fear: (1)	The Cause (2)	Affects my: (3) (Check below)
		<input type="checkbox"/> Self-Esteem <input type="checkbox"/> Security <input type="checkbox"/> Ambitions <input type="checkbox"/> Personal Relations <input type="checkbox"/> Sex Relations <input type="checkbox"/> Pride/Shame <input type="checkbox"/> Fear
List Major "Character Defects" in preparation for STEPS 6 & 7		
AMENDS		STEP 8
		<input type="checkbox"/> Now <input type="checkbox"/> Later <input type="checkbox"/> Never

I'm Resentful at or Fear: (1)	The Cause (2)	Affects my: (3) (Check below)
		<input type="checkbox"/> Self-Esteem <input type="checkbox"/> Security <input type="checkbox"/> Ambitions <input type="checkbox"/> Personal Relations <input type="checkbox"/> Sex Relations <input type="checkbox"/> Pride/Shame <input type="checkbox"/> Fear
List Major "Character Defects" in preparation for STEPS 6 & 7		
AMENDS		STEP 8
		<input type="checkbox"/> Now <input type="checkbox"/> Later <input type="checkbox"/> Never

12 STEP WORKBOOK

Ask yourself: ** (AA 67.3) * (AA 62.2)	<i>Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes... We admitted our wrongs honestly... ** Column (4)</i>
Where had (I) been selfish, self-centred or self-seeking?***	
Where had (I) been dishonest?***	
Where had (I) been frightened?***	
Where had (I) been (responsible) to blame?***	
What decisions did I make based on self that later placed me in a position to be hurt?*	
When in the past can I remember making this decision?* (Early memory.)	
Where was I wrong?*** What was my part?	

Ask yourself: ** (AA 67.3) * (AA 62.2)	<i>Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes... We admitted our wrongs honestly... ** Column (4)</i>
Where had (I) been selfish, self-centred or self-seeking?***	
Where had (I) been dishonest?***	
Where had (I) been frightened?***	
Where had (I) been (responsible) to blame?***	
What decisions did I make based on self that later placed me in a position to be hurt?*	
When in the past can I remember making this decision?* (Early memory.)	
Where was I wrong?*** What was my part?	

Ask yourself: ** (AA 67.3) * (AA 62.2)	<i>Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes... We admitted our wrongs honestly... ** Column (4)</i>
Where had (I) been selfish, self-centred or self-seeking?***	
Where had (I) been dishonest?***	
Where had (I) been frightened?***	
Where had (I) been (responsible) to blame?***	
What decisions did I make based on self that later placed me in a position to be hurt?*	
When in the past can I remember making this decision?* (Early memory.)	
Where was I wrong?*** What was my part?	

DEEP SOUL CLEANSING

Step 4 –SEX INVENTORY

SEX – Looking at both the past and present, what sex situations have caused me anxiety, bitterness, frustration, or depression? We reviewed our (sex) conduct over the years past.

Who: _____ My conduct: _____

(The following questions culled from "Big Book" of *Alcoholics Anonymous* ⁴³ and the 12 & 12⁴⁴.)

Where was I selfish or self-seeking?

Where was I dishonest?

Where was I inconsiderate?

Whom had I hurt and how badly?

Did I unjustifiably arouse jealousy, suspicion or bitterness? Explain.

Where was I responsible? What could I have done instead?

Did I spoil my marriage (relationship) and/or injure my children? How?

Did I jeopardise my standing in the community? How?

Did I burn with a guilt that nothing could extinguish? Or did I insist that I was the pursued and not the pursuer, and thus absolve myself? Explain.

How've I reacted to frustration in sexual matters? When denied did I become vengeful or depressed? Did I take it out on others? How?

If there was rejection or coldness at home, did I use this as a reason for promiscuity? Explain.

What decisions did I make based on this experience that has affected my relationships?

What is the earliest time I can remember making this decision?

List Major "Character Defects" in preparation for STEPS 6 & 7					
AMENDS					STEP 8
					<input type="checkbox"/> Now
					<input type="checkbox"/> Later
					<input type="checkbox"/> Never

Make as many copies of this form that you need to complete your inventory.

DEEP SOUL CLEANSING

Step 4 –HARM TO OTHERS (of any kind)

HARMS TO OTHERS – This is where you put those acts of stealing, or violence, any harm done to others that was not covered in your resentments etc.

Who: _____ My conduct: _____

(The following questions are culled from both the "Big Book" *Alcoholics Anonymous* ⁴⁹ and the *Twelve Steps and Twelve Traditions*. ⁵⁰)

Where was I selfish or self-seeking?

Where was I dishonest?

Where was I inconsiderate?

Where was I to blame (responsible)?

What could I have done instead?

What people were hurt and how badly?

Did I spoil my marriage (relationship) and/or injure my children?

Did I jeopardise my standing in the community? How?

What decisions did I make based on this experience that has affected my relationships?

What is the earliest time I can remember making this decision?

List Major "Character Defects" in preparation for STEPS 6 & 7					
AMENDS					STEP 8
					<input type="checkbox"/> Now
					<input type="checkbox"/> Later
					<input type="checkbox"/> Never

Make as many copies of this form that you need to complete your inventory.

DEEP SOUL CLEANSING

Step 4 – ABOUT MONEY and/or WORK

Employer or Business Deal: _____

My Conduct: _____

(The following questions are culled from the *Twelve Steps and Twelve Traditions*.⁷⁸)

Did fear and inferiority about my fitness for my job destroy my confidence and fill me with conflict? Explain.

Did I try to cover up those feelings of inadequacy by bluffing, cheating, lying, or evading responsibility? Examples.

Did I gripe that others failed to recognise my truly exceptional abilities? Examples.

Did I overvalue myself and play the "big shot"? How?

Did I have such unprincipled ambition that I double-crossed and/or undercut my associates? Explain.

Was I irresponsible, wasteful and extravagant? How?

Did I recklessly borrow money, caring little whether it was repaid or not? (Mine or the companies) Explain.

Was I a pinchpenny, refusing to support my family properly? How?

Did I try to cut corners financially? Where?

What about the "quick money" deals, the stock market, and the races? How about gambling? (In or out of business) Examples.

Did I juggle credit accounts ("robbing Peter to pay Paul")? How?

Did I manipulate the food budget or other spending allowances? Examples.

What Character defects contributed to my financial instability?(Enter below)

List Major "Character Defects" in preparation for STEPS 6 & 7					
AMENDS					STEP 8
					<input type="checkbox"/> Now <input type="checkbox"/> Later <input type="checkbox"/> Never

Make as many copies of this form that you need to complete your inventory.