

Step 4 - Courage - Worksheet

4. We make a searching and fearless moral inventory of ourselves.

In this step, there is a 3 column personal worksheet that each person works on themselves:

1. I'm resentful at (person, thing, etc.):
2. The Cause (what happened):
3. Affects my (attitude, thinking, things I do or can't do, etc.):

Of a certainty, this list is designed to not let deep underlying issues stay hidden. It is time to bring things we have hidden for years, to the surface. That is why it takes courage!

Nothing but honesty and thoughtfulness is used in making up this list. Consider it carefully. It may even cause grief and anguish to a degree as you fill it out. But pray, and God will certainly help you.

I'm resentful or grieved over	The Cause (what happened)	Affects my