

FOURTH STEP INVENTORY: PEOPLE WE HAVE HARMED One column at a time, top to bottom -- NOT straight across Big Book, page 70, paragraph 3 “We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can.”

Note 1: -- On those pages 58-63, you'll find examples of attitudes and defects that cause us to fail in our relationships and often fuel self-seeking conduct that harms others.

Note 2: “Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they [Underearned again]. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. Coming to [their] senses, [they are] revolted at certain episodes [they] vaguely remember. These memories are a nightmare. [They] tremble to think someone might have observed [them]. As fast as [they] can, [they] push these memories far inside [themselves]. [They] hope they will never see the light of day. [They] are under constant fear and tension-that makes for more [underearning].” adapted from Page 73 -- Alcoholics Anonymous

Whom Did I Harm?	What Did I Do - Or Fail To Do?	What Part Of Self Caused The Harm?											What Is The Nature Of My Wrongs, Faults, Mistakes, Defects?	What Should I Have Done Instead?									
Who was harmed by my conduct?		Self-Will	Self Esteem - Ego	Emotional Security	Pocketbook - Material Security	Pride - Defiance - Independence	Self-pity	Self-reliance	Personal Relationships	Social Ambitions	Sexual Ambitions	Financial Ambitions	Selfish	Self-seeking	Dishonest	Inconsiderate	Frightened / Fear	Lack of Self-discipline / Self-control	Playing God - Trying to control others.	Self-centered-ego-centric			