

Back to the Basics of the “Big Book”

Fourth Step Questions

Resentment Inventory

1. Who or what are you angry at?

Fear Inventory

2. Who or what are you afraid of?

Harms inventory

3. Toward whom have you been selfish?

4. Where have you been dishonest?

5. What about false pride—do you feel
better than or less than others?

6. Are you jealous of any relationship?

7. Do you envy anyone’s possessions?

8. Where have you been lazy?

During the discussion of each event or situation, ask your partner to “*resolutely look for your own mistakes. . . . Though a situation had not been entirely your fault, you are to disregard the other person entirely. Where were you to blame?*” (pg. 67: 2 (2-3, 4-7), edited).

Ask him or her, “Are you prepared to forgive those toward whom you feel resentment?” If not, then “*we ask God to help us be willing.*” (pg. 76: 1 (6-7)).

Ask, “Are you ready to overcome your fear with faith?” Together, “*We ask God to remove our fear and direct our attention to what God would have us be. At once, we commence to outgrow fear.*” (pg. 68: 3 (7-10), edited).

In terms of harms, ask your partner, “*What are you willing to do to set these matters straight?*” (pg. 67: 2 (10-11), edited). Keep in mind there are four types of amends: direct, living, in-kind and letters. Together, decide what would be the most appropriate “*course of action*” for each incident or circumstance.

Conclude the sharing session with a prayer. (pg. 76: 2 (1-7)).