

Step 4 Worksheet “God, please help me face and be rid of the things in myself which have been blocking me from you other people and myself.”

Write 3 Lists: resentments, fears and harms	People, institutions and Principles I resent: Who am I mad at? What am I mad at? I am resentful at Current fears: List your fears connected to & NOT connected to your resentments. I am afraid of ... Harms: Who have I hurt (or harmed) by my conduct?				
The cause Why am I resentful or afraid? How have I harmed them?	What do I think is the cause of my resentments? For a person: “He or she did _____” or “He or she didn’t do _____”. “What do I want to change about this person?” or “Why do I feel negatively about this person?” Be specific. Limit this answer to < 20 words. Why am I fearful? I am afraid of XXX because ... How have I harmed them? What did I do or fail to do that HURT or HARMED the other person? I harmed them by doing XXX.				
Affect: How did it make me feel?	*Optional: Manifestations of self-will & what I want for myself. Where am i playing god or making other people my God? <i>Use this for stubborn resentments.</i>				
For Resentments: In what specific ways is this resentment impacting my identity, & ability to feel safe, secure & loved? For Fears: What am I afraid of? List your fears connected to & NOT connected to your resentments. For Harms: What part of myself got satisfied by doing the hurtful/harmful action?					
AREA OF SELF	DEF’N	SELF-PERCEPT’N	RESPONSE TEMPLATE	UNDERLYING FEAR	SPIRITUAL TRUTH FOR EACH FEAR
Self Esteem	how I think about myself; my self-worth	INSIDE How I see me	“I am” XXX makes me feel XXX about/ towards myself	Fear of not being good enough	God created me to be exactly the way I am & He never makes mistakes. I am exactly the way He wants me to be at this moment in time.
Pride	How I think others view me	OUTSIDE How you see me	Others should...No one should Others can..	Fear of other people’s opinions	Other people do not decide my worth. I am a child of God & my worth is dependent on God & doing as He would have me BE.
Ambition	My goals, plans and designs for the future	OUTSIDE What do I WANT?	I want ...” this addresses my demands, desires, expectations. Because of XXX I can’t have XXXX Because of XXX I am going to lose XXXX	Fear of not getting what I want	My wants are coming from my EGO. God knows what is best for me. If I do not get what I want, it is because it is not in my best interests or highest good for me to have it right now.
Security	General sense of personal well-being.	INSIDE What do I NEED to be OK?	I need..... in order to be OK; II fear for my (physical safety/my family’s safety/my physical well-being) because of XXXX	Fear of not getting what I need	When I trust & rely on God – as my Father, Employer, Director – I know that he will give me what I need as long as I stay close to Him & do His works well.
Personal relations	My relnps with other people.	OUTSIDE how should this relnp look?	This resentment makes me feel (cut off/blocked/separated from) XXX	Fear of losing control	I am never in control. God runs the world, not me. The only control I have is what I put in my mouth, what I say (what comes out of my mouth), where I go: what I do with my hands & my feet, how I spend my money, & how I respond to what happens to me.
Sex relations/ Intimacy	My ability to feel loved and intimate with another. OR my belief about <u>myself</u> as a woman or as a man.	INSIDE how should I be in this relnp?	This resentment makes me feel (cut off/blocked/separated from) XXX—“A real man...”and/or “A real woman...”	Fear of being alone or abandoned	If God is everything, then I am never alone. God is omnipresent & omniscient. There is no place where God is not present. God’s immanence is within each & every one of us under all circumstances. Therefore, I am never alone. He is always with me.
Pocket book	My basic desire for money, property, possessions	Affects my finances	Because of XXX I can’t have XXXX Because of XXX I am going to lose XXXX	Fear of dying/ceasing to exist	If God is everything, & He is my Creator, then my soul which comes from God is eternal since God is eternal. I do not need to be afraid of dying since when my physical body dies, my soul will return to its Original Source. Since God is everything, He will be there to catch me when I transition to the next world.
Realization	Realization/ Compassionate Action: Have I ever done to them or another person what they did to me?				
Motives	Looking at your thinking & behavior: How did I contribute to the problem? What was my part? What did I say, not say, do, not do, think, etc.? How did I get the ball rolling?				
Self-examination/Character Defects: There are 3 different techniques					

What was my part? How did your character weaknesses or strengths affect the situation?	1: What was my fault? What is the nature of my wrongs, faults, mistakes, defects? How was I selfish, dishonest, self-seeking, afraid? Did I arouse jealousy, suspicion or bitterness? If so, how? <i>See definitions below:</i>	2: For every person on your resentment, fear or harm list: Did your xxxxxx harm this person? Where have you been selfish, self-seeking, dishonest, jealous, envious, bitter, inconsiderate, false pride, greedy, irresponsible, lazy?	3: Who was affected by any resentments, fears, selfishness, dishonesty, pride/false pride, jealousy, envy or laziness?
Selfish: What did I WANT from the person or situation? What do I want without regard to another person's wants, needs or capabilities? I was more concerned about getting what I want & disregarded them (in this way, _____) Self-seeking: What did I do, & how did I act in order to get what I wanted? What did I do & how did I act when I DID NOT get what I wanted? What harm did I cause? Because I wanted XXXX to _____ I said/did/thought XXXXXX. Dishonest: This refers to deceptive thinking, false beliefs or assumptions that allowed the resentment to develop? What is the lie I tell myself or others? I was in the delusion that... OR I told myself (state the unfounded assumption or belief here) when actually (state what is closer to the truth here). Afraid: What fears underlie the resentment, relnp or situation? I am afraid, I am believing XXX denying the ultimate/spiritual Truth that XXX. Trusting & relying on God would allow me to _____. Fill in the blank with what we imagine God could do for us in the context of removing that fear; what we could experience if we were filled with courage & love.			
Fear List your current fears	Why do I have this fear? Did I feel I could handle the situation as I saw it? Did relying on me work? What should we now rely upon if not ourselves? How would this fear be different if I would trust & rely on God? When I experience this fear, what would God have me BE?		
Prayer for fear	I have this fear of _____ because I relied on my finite self to provide me with _____. I now humbly rely on Infinite God to provide me with _____. God, please remove my fear of _____ and direct my attention to what you would have me be.		
Harm What Harms did I cause?	For every person on your resentment, fear or harm list: Has a harm been done? Did your (liability) harm this person? Make a list (Step 8) A harm is: something that has caused someone actual suffering or loss, something that one has done that has had a negative effect on another.		
Turnaround: Forgiveness	Forgiveness: We overcome resentment with forgiveness Am I willing to forgive? If not, are you willing with God's help to pray for the willingness to forgive? If you are unable to change the present state of affairs, are you willing to take the measures necessary to shape your life to conditions as they are?		
Turnaround: Faith: We overcome fear with faith	Are you ready to overcome your fear with faith? Either God is everything or God is nothing, what is my choice to be? Are you willing to believe that God is everything and He has the power to solve all of your problems if you cease trying to do everything based on your own will power & trust & rely on Him? What are my prospects for the future in this area of my life if God is everything, & He does exist; & His power will deal with them? What are my prospects for the future in this area of my life if God is nothing, & does not exist; if all I have is what I've had in the past to deal with these things? Has my idea of relying on my own finite resources worked up until this point to solve this problem? Do you believe the answer to this problem is inside rather than outside of yourself?		
ACTION PLAN	What God-centered actions, virtues or spiritual principles could I apply instead? If I had trusted and relied on God, I would have..... If this happens again, how could I respond in a more God-centered way? How would God have me BE when I am afraid? (or acting on self-reliance rather than God reliance)		
Turnaround God centered assets to strive for	What should I have done instead? How would God have me be? Am I willing to do God's will? Am I willing to have God remove these defects of character? Identify assets to strive for i.e., humility, trust, intimacy, honest, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc. (Say Step 6 & 7. Say 7 th step prayer.)		
Turnaround: Amends	We overcome harms with amends Do I owe an amends? Willing? Yes/No. List the types of amends. Direct, living, in-kind & letters. What behaviors will convince them more than my words? When will I complete the action? (Step 9)		
Amends Template	This is what I did..... I know it was wrong,.... I am sorry. apologize to person: I am sorry I did XXX. I should not have done that & in the future I will XXXX. Then, amend your ways so that you do not cause this harm again in the future. DO DIFFERENTLY next time you are in the same situation.		
WHO should be on the list?	If you're not sure whether someone belongs on your list, ask yourself these questions Did I cause them harm? Did I do anything that deserves an apology? Did I behave in a way I would not behave today? Do I feel guilt for my behavior towards them? If I saw them today, would I cross the street to avoid them?		
Secrets	Have I knowingly omitted writing down anything I have done or left undone that makes me feel guilty, ashamed or separated from God, from people, or from myself? If your answer is an honest "NO!" then we have completed Step 5		
Conclusion	Conclude the session with prayer. Be of service. God got us well so that we can be constructive & useful & fit ourselves to be of maximum service to others.		