



**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.”

Column 1	Column 2	Column 3	Column 4	Column 5
<b>People, institutions and Principles</b>	<b>The Cause</b>	<b>This affects, threatens, hurts or interferes with my...</b> self esteem, security, ambitions, pocketbook, relationships (including sex)	<b>Problem: What was my fault? What is the nature of my wrongs, faults, mistakes, defects?</b> How was I selfish, dishonest, self-seeking, afraid?	<b>Solution or replacement behaviour. What should I have done instead?</b> Identify assets to strive for i.e. humility, trust, intimacy, honesty, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc.
I am resentful at...	Why am I angry?			
I am afraid of...	Why am I fearful?			
Who have I hurt (or harmed) by my conduct?	What did my conduct arouse? How did I affect them? Did I arouse jealousy, suspicion or bitterness? If so, how?			

**What Did I Do?** Putting out of mind the wrongs others have done; I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances which, in turn, caused people or institutions to hurt me and eventually lead to my resentment of them for doing so?

It's **never** about taking responsibility for someone else's abuse, lies, betrayal, addiction, or manipulation. It's about seeing where **my behaviours, fears, or inaction** contributed to the situation *after it began*—not where it originated. It helps remove resentment, not add shame. It opens a path to healthier patterns.

**Motives:** Looking at your thinking & behaviour: 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?

Short summary: why am I still holding onto this resentment?

## Reflection Questions

- Which defects appear **most frequently** in my life?
- Which **assets** do I most need to cultivate now?
- How can I **practice one asset daily** for the next week?
- How do these defects influence my **resentments or fears**?
- How can I **replace them with constructive action** immediately?

## Using This List in Your 4th Step

- **Column 4:** Identify which **defects** contributed to your mistakes, resentments, or fears.
- **Column 5:** Identify the **assets** you could cultivate to act differently or respond more positively.
- Compare **patterns**: repeated defects point to areas for ongoing growth.
- Choose **1–2 assets per week** to practice consciously.

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
<b>Self Esteem</b>	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.
<b>Pride</b>	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.
<b>Ambition</b>	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.
<b>Security</b>	General sense of personal well-being.	INSIDE What do I NEED to be OK?	I need..... in order to be OK; I 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.
<b>Personal relations</b>	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.
<b>Sex relations/ Intimacy</b>	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.
		Either God is everything or God is nothing, what is my choice to be? If G-d is everything, then I am never alone. If God is nothing & I am powerless, then there is no hope for me. The delusion is that I am in charge.			
<b>Pocket book</b>	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.

**Self-Esteem** How I see myself, my worth, my identity.

**Examples:**

- “It made me feel dismissed and unimportant.”
- “I felt stupid and embarrassed.”
- “I felt like I wasn’t good enough.”
- “It challenged my sense of competence.”

**Pride:** How I want *others* to see me; my image or ego. Feeling embarrassed, feeling looked down on, social image damaged, ego or role threatened, wanting to be seen a certain way.

**Examples:**

- “It embarrassed me in front of others.”
- “It made me look weak or incompetent.”
- “It hurt my ego and image.”

**Security** (Emotional or Financial) Feeling stable, safe, supported, or cared for.

**Examples:**

- “It threatened my emotional security—I felt unsafe or on edge around them.”
- “It made me worry about losing my financial stability.”
- “I felt abandoned or unsupported.”
- “It created anxiety about my future.”

**Ambitions** Plans, goals, hopes, or things I was aiming for.

**Examples:**

- “It interfered with my goal of having peace in my home.”
- “It disrupted my plans for career progress.”
- “It blocked something I was trying to build or accomplish.”
- “It derailed my intention to have a calm, respectful relationship.”

**Personal Relations** Friendships, family, social interactions, partnerships.

**Examples:**

- “It damaged the trust between us.”
- “It created conflict in the family.”
- “It strained my friendship with others.”
- “It caused distance and tension.”

**Sex Relations** Intimacy, trust, emotional closeness, or sexual boundaries.

**Examples:**

- “It made me feel unwanted or unattractive.”
- “It created distrust in our intimate relationship.”
- “It made intimacy feel unsafe or disconnected.”

- “It affected my ability to be vulnerable emotionally or sexually.”

**Pocketbook:** Loss of money; Threats to financial security; Someone costing you time/energy that equals money; Loss of property or belongings; Being denied income or opportunities; Someone taking advantage of your generosity; Unexpected expenses caused by someone else

## **EXAMPLES FOR EACH CATEGORY**

### **Self-Esteem**

How I see myself, my worth, my identity.

### **Security (Emotional or Financial)**

Feeling stable, safe, supported, or cared for.

### **Ambitions**

Plans, goals, hopes, or things I was aiming for.

### **Personal Relations**

Friendships, family, social interactions, partnerships.

### **Sex Relations**

Intimacy, trust, emotional closeness, or sexual boundaries.

## **Step 4 Inventory Definitions Liabilities (Self Will)**

**Resentment:** a feeling of deep and bitter anger and ill-will, a feeling of anger or displeasure stemming from belief that others have engaged in wrongdoing or mistreatment; dismissive, contemptuous; a hostile or indignant attitude. Resentment directed at self is remorse.

**Fear:** anxious or apprehensive about a possible or probable situation or event, fear is an emotional response to a perceived threat, afraid of losing something we have or not getting something we want. Phobia, panic, terror, anxiety, and worry are all manifestations of fear. Fear is finding fault with the future.

**Selfishness:** placing one's own needs or desires above the needs or well-being of others, an excessive concern for your own welfare and a disregard of others.

**Dishonesty:** acts of lying, cheating or stealing, being deliberately deceptive, lacking in integrity, taking what does not belong to us.

**Pride/False Pride:** Pride is thinking that one is superior to others in some way. Pride is presenting yourself to others (and yourself) as something you are not — a person without flaws, prejudicial, arrogant. Feeling less than others is false pride as it arises from a pre-occupation with self, as does dwelling on self-pity and self-doubt and maintaining a lack of self-worth. Both extremes of pride/false pride are rooted in a lack of humility — knowing who you truly are.

**Jealousy:** negative thoughts and feelings of insecurity, fear, and anxiety over an anticipated loss of something that you value, such as a relationship, friendship, or love.

**Envy:** spite and resentment at seeing the success of another, Wanting another's possessions

**Laziness:** inactivity resulting from a dislike of work or accomplishment, procrastination is a form of laziness, not doing what is in one's best interest or what is expected of us.

## **Step 4 Inventory: Explanation of Terms — Assets (Gods Will)**

**Forgiveness:** Complete acceptance of another's perceived faults or wrongdoings, being free of judgments.

**Faith/Love:** a sincere belief in God's will, an unselfish and benevolent concern for another's well-being, love extends oneself for the purpose of nurturing another's spiritual growth.

Unselfishness: a strong intention to serve, generous, generosity of spirit, to give freely.

Honesty: adherence to the truth.

Humility: acceptance of self as one is, modest, down to earth, equal to all others.

Trust: confidence, faith in other's intentions.

Contentment: being at peace with the people and events of one's life, a deep satisfaction with one's life as it is.

Action: doing what is needed or indicated without delay.

<b>Defect</b>	<b>Definition / Explanation</b>
<b>Selfishness</b>	Prioritizing your own needs, desires, or comfort over others, often at their expense.
<b>Dishonesty</b>	Lying, exaggerating, omitting the truth, or manipulating facts to benefit yourself.
<b>False Pride / Arrogance</b>	Inflated sense of self-importance; refusing to admit mistakes or ask for help.
<b>Jealousy / Envy</b>	Resentment toward others' success, possessions, or relationships.
<b>Lust</b>	Excessive focus on sexual desire or gratification, often disregarding consequences or others' feelings.
<b>Greed</b>	Excessive desire for material possessions, money, or status beyond reasonable needs.
<b>Fear / Anxiety</b>	Avoidance, indecision, or inaction due to worry, insecurity, or lack of trust.
<b>Sloth / Laziness / Apathy</b>	Avoiding work, effort, or responsibility; neglecting obligations or growth.
<b>Hate / Anger / Resentment</b>	Hostility, bitterness, or holding grudges against people or situations.
<b>Impatience</b>	Irritation or frustration with delays, obstacles, or others' behavior; inability to wait calmly.
<b>Envy</b>	Desire for what someone else has; feeling discontented with your own circumstances.
<b>Pride in possessions / ego</b>	Placing excessive value on status, recognition, or material things.
<b>Fear of change / control issues</b>	Resistance to change or unwillingness to surrender control.
<b>Self-centeredness</b>	Focused on one's own thoughts, feelings, and desires without regard for others.

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#### **Character Assets (Positive Qualities / Column 5)**

<b>Asset</b>	<b>Definition / Explanation</b>
<b>Humility</b>	Ability to recognize your limitations and faults; openness to growth and learning.
<b>Honesty</b>	Truthfulness, integrity, and transparency in thoughts, words, and actions.
<b>Contentment / Satisfaction</b>	Peace with what you have; acceptance of life as it is without constant desire for more.
<b>Trust</b>	Reliance on others and faith in life, relationships, or a higher power without undue fear.
<b>Love / Compassion</b>	Genuine care, empathy, and concern for the well-being of others.
<b>Forgiveness</b>	Letting go of resentment or desire for revenge toward self or others.
<b>Generosity / Unselfishness</b>	Willingness to give time, resources, or support freely without expecting return.
<b>Patience</b>	Ability to remain calm and tolerant through delays, difficulties, or others' mistakes.
<b>Zeal / Enthusiasm</b>	Energy and commitment toward positive actions and personal growth.
<b>Courage</b>	Acting rightly despite fear or uncertainty.

<b>Asset</b>	<b>Definition / Explanation</b>
<b>Intimacy / Connection</b>	Ability to form meaningful and honest relationships with others.
<b>Faith / Spiritual trust</b>	Belief in a higher purpose, principles, or power beyond yourself.
<b>Self-discipline / Responsibility</b>	Ability to control impulses, fulfill obligations, and act with integrity.

#### Column 4 – Character Defects / Where I Was at Fault

<b>Defect / Liability</b>	<b>Prompt</b>	<b>Your Reflection</b>
Selfishness	When did I put my needs above others?	
Dishonesty	Where did I lie, withhold, or exaggerate the truth?	
Pride / Arrogance	When did I refuse to admit I was wrong or act superior?	
Jealousy / Envy	Did I resent someone else's success or possessions?	
Lust	Did I pursue desire at the expense of others' feelings?	
Greed	Did I want more than I needed or take unfairly?	
Fear / Anxiety	Where did fear prevent me from doing right?	
Sloth / Laziness	Where did I neglect responsibilities or growth?	
Hate / Anger / Resentment	Did I hold grudges or act with hostility?	
Impatience	Where was I frustrated or intolerant with delays or people?	

#### Column 5 – Assets / What I Should Have Done Instead

<b>Asset / Quality</b>	<b>Prompt</b>	<b>Your Reflection</b>
Humility	How could I have admitted mistakes or learned from others?	
Honesty	How could I have acted truthfully, even if uncomfortable?	
Contentment	Could I have been more grateful or avoided comparison?	
Trust	Where could I have relied on others or let go of fear?	
Love / Compassion	How could I have shown care instead of anger or selfishness?	
Forgiveness	Who could I have forgiven, and how?	
Generosity / Unselfishness	How could I have given freely without expecting return?	
Patience	How could I have remained calm with delays or mistakes?	
Zeal / Enthusiasm	How could I have acted with energy toward something positive?	
Courage	Where could I have acted rightly despite fear?	
Intimacy / Connection	How could I have built honest, trusting relationships?	
Faith / Spiritual Trust	How could I have trusted a higher power or process?	
Self-discipline	Where could I have controlled impulses or acted responsibly?	

#### Prompts for Assessing Character Assets (Column 5)

Use these to **identify what you could have done differently** or the positive qualities to cultivate.

##### Humility

- How could I have admitted my mistakes or limitations?
- Where could I have been more open to learning from others?

##### Honesty

- How could I have spoken or acted truthfully, even if it was uncomfortable?

##### Contentment / Satisfaction

- Could I have been more grateful or satisfied with what I have?
- How could I have stopped comparing myself to others?

### **Trust**

- Where could I have relied on others or let go of unnecessary fear?

### **Love / Compassion**

- How could I have responded with care or kindness instead of anger or selfishness?

### **Forgiveness**

- Who could I have forgiven instead of holding resentment?
- How could I have let go of past hurts?

### **Generosity / Unselfishness**

- How could I have given my time, attention, or resources without expecting anything in return?

### **Patience**

- How could I have remained calm and tolerant with delays, mistakes, or difficult people?

### **Zeal / Enthusiasm**

- How could I have acted with energy and commitment toward something positive?

### **Courage**

- Where could I have acted rightly despite fear or discomfort?

### **Intimacy / Connection**

- How could I have built honest, trusting, and meaningful relationships?

### **Faith / Spiritual Trust**

- How could I have trusted a higher power or the process instead of trying to control everything?

### **Self-discipline / Responsibility**

- Where could I have controlled my impulses and acted responsibly?

## **Looking at One's Patterns Inventory**

Look over everything you have written so far and write briefly about the patterns you see.

What helps spot the patterns?

Sometimes questions like these are a good place to start:

### **When have you felt like this before?**

- Is this particular sadness or pain or fear or anger really only related to just this situation at hand (which it may be)?
- Is this about a repeating pattern you know from some other time in your life?
- Does it feel familiar?
- What are the common elements?
- What does it tell you about what you need or want or hope for?

### **How have you handled situations like this one before?**

- Did you run?
- Or hide?
- Or fight until there was only you and some scorched earth left?
- Or maybe you insisted on doing the "proper thing" even though it hurt you in the long run.
- Did you put others before yourself?
- And, in light of all that, **how do you want to respond this time?**



## **What do you want?**

- What do you want in the longer term?
- What will you have wanted when this thing is resolved?

## **What does the pattern want for you?**

- Ask this question and really sit with it a moment: what sort of answer arises for you?
- Does the pattern want the same thing you do?
- Or would it like you to stay stuck in old habits?
- Does it want to protect you in some way and keep you so safe that you start to trust?
- Or is it protecting other people in your life? What does it want?

Stepping back like this and seeing things from a different perspective means that you can use your very life as your guide. You can turn to your history and your habits for insight that only you can give yourself.

LIST THE DEFECTS YOU HAVE BECOME AWARE OF.

HOW DO YOU ACT ON THIS DEFECT?

HOW DOES THIS AFFECT ME AND OTHERS?

WHAT ARE THE FEELINGS I ASSOCIATED WITH THIS?

WHAT WOULD MY LIFE BE WITHOUT THIS, WHAT CAN I DO INSTEAD.

QUESTIONS TO ASK OF YOUR MAIN FEARS

When did I first have this fear?

How is it affecting me? Why do I have this fear?

What's the lie I am telling myself?

How do I perpetuate this fear?

How do I keep feeding this fear?

How do I keep feeding this fear?

What do I do to avoid it?

What can I do instead?

Write at length about