

Illustrated Steps - Fourth Step Lists

RESENTMENTS

I'M RESENTFUL AT

THE CAUSE

AFFECTS MY

Self-esteem, Security,
Ambitions, Personal Relations
or Sex Relations)

MY MISTAKES

Faults
SELFISH,
DISHONEST,
SELF-SEEKING
or FRIGHTENED

Prayer

FEARS

FEAR

WHY DO I HAVE THIS FEAR?
(How did I set the ball rolling?)

WHAT WOULD MY
GOD HAVE ME BE?

Prayer

SEX CONDUCT

RELATIONSHIP

MY CONDUCT

Who did I hurt? Did I arouse jealousy, suspicion or bitterness?
Where was I selfish, dishonest, or inconsiderate?
Where was I at fault. What should I have done instead?

MY IDEAL FOR FUTURE SEX LIFE

Prayer

HARMS DONE

WHO DID I HARM?

HARM DONE