

# AA 4<sup>th</sup> Step Inventory Worksheet

*Writing about the fears and shortcomings that hold back your recovery.*

## **1: Facing Your Fears**

List the things you're afraid of - they are roadblocks to recovery.

## **2: List Resentments You've Harbored**

Resentment leads to negative feelings - time to let it go!



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*Writing about the fears and shortcomings that hold back your recovery.*

## **3:. Unacceptable Behaviors**

What things have you done that aren't aligned with your values?

## **4: Relationship Negativity**

People can support or enable addiction - consider your alliances.

