FOURTH STEP INVENTORY: PEOPLE WE HAVE HARMED **© 1987 - 2005 www.Step12.com - From: 4th Step Workshop with Dallas B. Last update: 7/06/05**

BE SURE TO do this page just like the other inventory pages. One column at a time, top to bottom -- NOT straight across

Big Book, page 70, paragraph 3 "We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can."

Note 1: -- On those pages 58-63, you'll find examples of attitudes and defects that cause us to fail in our relationships and often fuel self-seeking conduct that harms others.

Note 2: "Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves.
.... Coming to his senses, he is revolted at certain episodes he vaguely remembers. These memories are a nightmare. He trembles to think someone might have observed him. As fast as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension-that makes for more drinking." Page 73 -- Alcoholics Anonymous

Who Did I Harm?	**What did I do - or fail to do?**	**Which part of self caused the harm?**											**What is the nature of my wrongs, faults, mistakes, defects?**								**What should I have done instead?**
Who was harmed by my conduct?	What did I do - or, failed to do that caused the harm?	Self-will	Self Esteem - Ego	Emotional Security	Pocketbook - Material Security	Pride - Defiance - Independance	Self-pity	Self-reliance	Personal Relationships	Social Ambitions	Sexual Ambitions	Financial Ambitions	Selfish	Self-seeking	Dishonest	Inconsiderate	Freightend / Fear	Lack of Self- discipline / Self-control	Playing God - Trying to control others.	Self-centered-ego-centric	