

4th Step Worksheet

Instructions:

- Read the instructions carefully before starting each section.
- Take your time with each question, allowing for honest and thorough reflection.

1. Resentments

A. Whom did I harm?

- Family
- Friends
- Co-workers
- Other: _____

B. Why was I angry?

- Unmet expectations
- Perceived injustices
- Betrayals
- Other: _____

C. How did I cause harm?

- Verbal abuse
- Manipulation
- Isolation
- Other: _____

D. From the list below, select the primary emotion associated with your resentment:

- Anger
- Fear
- Hurt
- Disappointment
- Betrayal
- Other: _____

2. Fears

A. What fears do I have?

- Abandonment
- Failure
- Rejection
- Other: _____

B. Why do I have these fears?

- Past experiences
- Traumas
- Insecurities
- Other: _____

C. How do these fears affect my actions?

- Avoidance
- Control
- Isolation
- Other: _____

D. Identify the primary source or trigger of your fear by choosing one of the following:

- Past traumatic experiences
- Social judgment or rejection
- Uncertain future outcomes
- Personal insecurities
- Loss of control
- Other: _____

3. Sex Conduct

A. Whom had I hurt?

- Partners
- Family
- Friends
- Myself

B. Where was I selfish, dishonest, or inconsiderate?

- Using others for personal needs
- Not respecting others' boundaries
- Cheating or lying
- Other: _____

C. Did I arouse jealousy, suspicion, or bitterness?

- Jealousy
- Suspicion
- Bitterness
- Other: _____

D. Where was I at fault?

- Selfish motives
- Dishonesty
- Lack of consideration
- Other: _____

E. What should I have done instead?

- Respect others' boundaries
- Communicate honestly
- Seek consent and understanding
- Other: _____

4. Harms to Others:

A. Whom did I harm?

- Family
- Friends
- Co-workers
- Other: _____

B. How did I harm them?

- Neglect
- Deceit
- Betrayal
- Other: _____

C. Where was I at fault?

- Selfish actions
- Lack of empathy
- Failure to communicate
- Other: _____

D. What should I have done instead?

- Show empathy
- Communicate openly
- Take responsibility
- Other: _____

E. Reflect on your actions and choose the category that best describes your motive for harming others:

- Selfishness
- Lack of empathy
- Poor communication
- Impulsivity
- Other: _____