

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?	B. Why was I angry?
Family Friends Co-workers Other:	Unmet expectations Perceived injustices Betrayals Other:
C. How did I cause harm?	D. From the list below, select the primary emotion associated with your resentment:
Verbal abuse Manipulation Isolation Other:	Anger Fear Hurt Disappointment Betrayal Other:
2. Fears	
A. What fears do I have?	B. Why do I have these fears?
Abandonment Failure Rejection Other:	Past experiences Traumas Insecurities Other:
C. How do these fears affect my actions?	D. Identify the primary source or trigger of your fear by choosing one of the following:
Avoidance Control Isolation Other:	Past traumatic experiences Social judgement or rejection Uncertain future outcomes Personal insecurities Loss of control Other:

3. Sex conduct	
A. Whom had I hurt?	B. Where was I selfish, dishonest, or inconsiderate?
Partners Family Friends Myself	Using others for personal needs Not respecting others' boundaries Cheating or lying Other:
C. Did I arouse jealousy, suspicion, or bitterness?	D. Where was I at fault?
Jealousy Suspicion Bitterness Other:	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?	B. How did I harm them?
Family Friends Co-workers Other:	Neglect Deceit Betrayal Other:
C. Where was I at fault?	D. What should I have done instead?
Selfish actions Lack of empathy Failure to communicate Other:	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: