

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

3. Sex conduct	
<b>A. Whom had I hurt?</b>	<b>B. Where was I selfish, dishonest, or inconsiderate?</b>
Partners Family Friends Myself	Using others for personal needs Not respecting others' boundaries Cheating or lying Other:
<b>C. Did I arouse jealousy, suspicion, or bitterness?</b>	<b>D. Where was I at fault?</b>
Jealousy Suspicion Bitterness Other:	Selfish motives Dishonesty Lack of consideration Other:
<b>E. What should I have done instead?</b>	
Respect others' boundaries Communicate honestly	Seek consent and understanding Other:
4. Harms to others	
<b>A. Whom did I harm?</b>	<b>B. How did I harm them?</b>
Family Friends Co-workers Other:	Neglect Deceit Betrayal Other:
<b>C. Where was I at fault?</b>	<b>D. What should I have done instead?</b>
Selfish actions Lack of empathy Failure to communicate Other:	Show empathy Communicate openly Take responsibility Other:
<b>E. Reflect on your actions and choose the category that best describes your motive for harming others:</b>	
Selfishness Lack of empathy Poor communication	Impulsivity Other: