4th Step Worksheet

Resentful at	The Cause	Affects My							Where was I to blame?					
People: Places: Ideas: Institutions	What action was taken that makes me angry/hurt?	Self-Esteem	Pride	Pocket Book	Ambitions	Sex Relation	Emotional Security	Personal Relations	Dishonest	Selfish	Self-Seeking	Frightened	Inconsiderate	The Nature of Our Wrong