

Grant Me The Serenity...

Fourth Step Inventory

These 4th step worksheets use the wording from Alcoholics Anonymous (the Big Book) pages 63-71. Text in italics is quoted from the Big Book. When the word "optional" is used in the worksheets, it means that the Big Book suggests doing this but does not suggest writing anything down. However, many people who have used these worksheets found it helpful to write down their flaws and their specific defects.

You may print additional copies of each worksheet, if needed. Most printers will allow you to print individual parts of a document. If you are using Microsoft Word in Windows, you can choose File: Print, then choose the 'Current Page' selector, and it will print the page that your mouse is active on. These worksheets are intended to be printed in "Landscape" position.

These worksheets are not officially produced or approved by Alcoholics Anonymous. They have been circulating unofficially among AA members for a long time in various versions. Their origin is unknown.

HELPFUL HINTS

PREPARATION: before you start this written Fourth Step, read pages 63-71 in the