AA Step 4 Worksheet

Instructions: Start with Resententments and work down. Complete ALL resentments before continuing to The Cause of each resentment. Follow by completing the Affects my... and lastly do My Mistakes.

Resentment	The Cause	Affects My	My mistakes
Can be people, institutions or principles	Why do I have this resentment?	Self esteam, security (financial or physical), ambitions, personal relations, sex relations	Selfish, self-seeking, dishonest, frightened
Example			
Cousin	Abused me	self esteam, personal relations	frightened
Father	Wasn't there growing up	ambitions, self-esteam	self-seeking
Mother	Introdced me to drugs	ambitions, self-esteam, physical security, personal relations	self-seeking
IRS	Took all my money	financial security	selfish, self-seeking, dishonest

Complete Step 4 Below: