

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?

- ☐ Family
- ☐ Friends
- ☐ Coworkers
- ☐ Other

Other (specify)

B. Why was I angry?

- ☐ Unmet expectations
- ☐ Perceived injustices
- ☐ Betrayals
- ☐ Other

Other (specify)

C. How did I cause harm?

- ☐ Verbal abuse
- ☐ Manipulation
- ☐ Isolation
- ☐ Other

Other (specify)

D. From the list below, select the primary emotion associated with your resentment:

- ☐ Anger
- ☐ Fear
- ☐ Hurt
- ☐ Disappointment
- ☐ Betrayal
- ☐ Other

Other (specify)

2. FEARS

A. What fears do I have?

- ☐ Abandonment
- ☐ Failure
- ☐ Rejection
- ☐ Other

Other (specify)

B. Why do I have these fears?

- ☐ Past experiences
- ☐ Traumas
- ☐ Insecurities
- ☐ Other

Other (specify)

C. How do these fears affect my actions?

- ☐ Avoidance
- ☐ Control
- ☐ Isolation
- ☐ Other

Other (specify)

D. Identify the primary source or trigger of your fear by choosing one of the following:

- ☐ Past traumatic experiences
- ☐ Social judgment or rejection
- ☐ Uncertain future outcomes
- ☐ Personal insecurities
- ☐ Loss of control
- ☐ Other

Other (specify)

3. SEX CONDUCT

A. Whom had I hurt?

- ☐ Partners
- ☐ Family
- ☐ Friends
- ☐ Myself

B. Where was I selfish, dishonest, or inconsiderate?

- ☐ Using others for personal needs
- ☐ Not respecting others' boundaries
- ☐ Cheating or lying
- ☐ Other

Other (specify)

C. Did I arouse jealousy, suspicion, or bitterness?

- ☐ Jealousy
- ☐ Suspicion
- ☐ Bitterness
- ☐ Other

Other (specify)

D. Where was I at fault?

- ☐ Selfish motives
- ☐ Dishonesty
- ☐ Lack of consideration
- ☐ Other

Other (specify)

E. What should I have done instead?

- ☐ Respect others' boundaries
- ☐ Communicate honestly
- ☐ Seek consent and understanding
- ☐ Other

Other (specify)

4. HARMS TO OTHERS

A. Whom did I harm?

- ☐ Family
- ☐ Friends
- ☐ Co-workers
- ☐ Other

Other (specify)

B. How did I harm them?

- ☐ Neglect
- ☐ Deceit
- ☐ Betrayal
- ☐ Other

Other (specify)

C. Where was I at fault?

- ☐ Selfish actions
- ☐ Lack of empathy
- ☐ Failure to communicate
- ☐ Other

Other (specify)

D. What should I have done instead?

- ☐ Show empathy
- ☐ Communicate openly
- ☐ Take responsibility
- ☐ Other

Other (specify)

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

Other (specify)