

Twelve Steps to Recovery Workbook for Sexual Addiction

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Based on *A Simple Guide To Working the Twelve Steps for Sex Addiction* by Charlie Risien (LCDC, AAC, CSAT, CCIP)

With info from

Sex Addicts Anonymous

Big Book of Alcoholics Anonymous

Joe McQ's *The Steps We Took*

Patrick Carnes' *A Gentle Path through the Twelve Steps*

Roy Y's *Forth Step Inventory* royy.com

Roy Y's Flaws and Assets –

¹ Dr. Bob's Fourth Step List; in "He Sold Himself Short," (*Alcoholics Anonymous*, p. 292)

² Seven Deadly Sins (*Twelve Steps and Twelve Traditions*, p. 48)

³ Clarence Snyder's Fourth Step List (one of the original 40 members of AA, see "Home Brewmeister," *Alcoholics Anonymous*, pp. 297-303)

⁴ Boy Scout Law, Robert Binkey's *The Official Boy Scout Handbook* (10th edition, 1990)

4TH STEP

Made a searching and fearless moral inventory of ourselves.

ADMISSION STATEMENT

PERSONAL AFFIRMATION

STEP FOUR WORKSHEET EXERCISES

1. Read pages 64-71 (“How It Works”) in the *Big Book of Alcoholics Anonymous*. It is suggested that you read these pages once and then reread them underlining or highlighting those areas important to you.
2. Read “Step Four” (pages 31-37) in *Sex Addicts Anonymous* (Green Book). It is suggested that you read these pages once and then reread them underlining or highlighting those area important to you. ([Optional] Read pages 97-110 in *Sexaholics Anonymous* (White Book).)
3. Review the words under the section List of Definitions.
4. [Exercise 4] Reviews the table entitled “Basic Instincts of Life Which Create Self” and thoroughly understand how social instinct, security instinct and sex instinct apply to you and your life.
5. [Exercise 5] Review the Checklist of Flaws and Assets and complete the Review of Flaws and Review of Assets tables.

Instructions for Completion:

Instruction 1 - This inventory is **not** an exercise in beating yourself up. Be scrupulously honest but be fair to yourself. Inventory **your strengths as well** as your defects.

Instruction 2 - The following checklist merely **suggests** what some people consider flaws. You must decide how they fit with your own moral code. Do not be limited by this list--add your other flaws and assets. It is in this Fourth Step that you begin to discover **your** values--what **you** consider right and wrong, functional and dysfunctional behavior--and how you live up to **your** standards.

Instruction 3 - This inventory is about who you are **now**, not who you were when you were drinking and taking drugs. Be careful, however, not to blame all past bad behavior on drinking and drugs if the seed of that bad behavior still exists in you.

Instruction 4 - Don't be discouraged when your character defects are not immediately lifted after you have completed your 5th Step--that is the ongoing work of the 6th, 7th and 10th Steps.

Instruction 5 - Prioritize! Spend most of your time on the **20%** of your flaws that cause **80%** of the trouble in your life. Initially check off as many flaws as you want on the checklist but then **prioritize** to the 12 that cause the most trouble.

If you list more than 12 flaws on the Review of Flaws form, you are probably beating yourself up!

On the following list, check all of your defects and all of your assets. This is an inventory of both bad and good characteristics. You must check at least twice as many assets as you check flaws or you really are beating yourself up. Then discuss your defects (with your best example of each) on the Review of Flaws form.

6. [Exercise 6] Complete the table entitled "A Review of My Resentments." Take your time and be thorough.

Instructions for Completion:

Instruction 1 - In dealing with resentments we set them on paper. We listed people, institutions, or principles with whom we are angry. (Complete column 1 from top to bottom. Do nothing on columns 2, 3, or 4 until column 1 is complete.)

Instruction 2 - We asked ourselves why we were angry. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)

Instruction 3 - On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within column 3 going from top to bottom, starting with the Self-Esteem column and finishing with the Sexual Ambitions column. Do nothing on column 4 until column 3 is complete.)

Instruction 4 - Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within column 4.)

Instruction 5 - Reading from left to right we now see the resentment (column 1), the cause (column 2), the part of self that had been affected (column 3), and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will (column 4).

7. [Exercise 7] Complete the table entitled "A Review of My Fears." Take your time and be thorough.

Instructions for Completion:

Instruction 1 - In dealing with fears we set them on paper. We listed people, institutions, or principles with whom we were fearful. (Complete column 1 from top to bottom. Do nothing on columns 2, 3, or 4 until column 1 is complete.)

Instruction 2 - We asked ourselves why we have the fear. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)

Instruction 3 - What part of self-caused this fear. Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within column 3 going from top to bottom, starting with the Self-Esteem column and finishing with the Sexual Ambitions column. Do nothing on column 4 until column 3 is complete.)

Instruction 4 - Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within column 4.)

Instruction 5 - Reading from left to right we now see the fear (column 1), why we have the fear (column 2), the part of self that caused the fear (column 3), and the exact nature of the defect within us that allowed the fear to surface and block us off from God's will (column 4).

8. [Exercise 8] Complete the table entitled "A Review of My Sex Conduct." Take your time and be thorough.

Instructions for Completion:

Instruction 1 - We listed the people we sexually harmed. (Complete column 1 from top to bottom. Do nothing on columns 2, 3, or 4 until column 1 is complete.)

Instruction 2 - We asked ourselves what we did. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)

Instruction 3 - Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within column 3 going from top to bottom, starting with the Self-Esteem column and finishing with the Sexual Ambitions column. Do nothing on column 4 until column 3 is complete.)

Instruction 4 - Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within column 4.)

Instruction 5 - Reading from left to right we now see the sexual harm (column 1), what we did (column 2), the part of self that caused the harm (column 3), and the exact nature of the defect within us that allowed the harm to surface and block us off from God's will (column 4).

9. [Exercise 8] Complete the table entitled "A Review of Harm Done to Others." Take your time and be thorough.

Instructions for Completion:

Instruction 1 - We listed the people we harmed. (Complete column 1 from top to bottom. Do nothing on columns 2, 3, or 4 until column 1 is complete.)

Instruction 2 - We asked ourselves what we did. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)

Instruction 3 - Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within column 3 going from top to bottom, starting with the Self-Esteem column and finishing with the Sexual Ambitions column. Do nothing on column 4 until column 3 is complete.)

Instruction 4 - Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within column 4.)

Instruction 5 - Reading from left to right we now see the harm (column 1), what we did (column 2), the part of self that caused the harm (column 3), and the exact nature of the defect within us that allowed the harm to surface and block us off from God's will (column 4).

Remember: Character defects are assets gone awry.

Principles of Step Four are Courage, Honesty, Responsibility, Thoroughness, Perseverance, and Fearlessness.

LIST OF DEFINITIONS

Made	Caused to exist; created; brought about; composed; prepared
Searching	Thorough; leaving no loopholes
Fearless	Free from fear; brave
Moral	Ethical; relating to principles of right and wrong - good and bad in conduct; conforming to a standard of behavioral and character principles, be they personal, social, or of a particular belief system of what is right and good
Inventory	An itemized list of current goods or asset
Fear	A feeling of anxiety, agitation, uneasiness, apprehension, etc.
Resentment	A persistent feeling of ill will and suppressed anger caused by a sense of injustice, insult, injury, offense, or wrong done; to resent basically means to 'feel again' strongly or to 're-live again'
Assets	Valuable thing; total of valuable things or quantities owned
Selfish	Too much concern with one's own welfare or interests and having little or no concern for others; same as self-centered
Self-Seeking	Seeking only or mainly to further one's own interest
Dishonest	The act or practice of telling a lie, or of cheating, deceiving, stealing, etc.
Inconsiderate	Without thought or consideration of others
Self-Centered	Occupied or concerned only with one's own affairs; same as selfish
Harm	Physical or mental damage; hurt; injury; abuse
Shame	Embarrassment, humiliation, guilt, mortification; one down; less than
Lustful	A strong or excessive sexual desire
Prideful	Filled with: conceit; ostentatious display; sexual desire; consciousness of youth or power; high spirits; an undue sense of one's own superiority; arrogance or egotism
Grandiose	Lofty, flamboyant, showy, pompous, melodramatic; one up; better than
Self-Pity	Pity for oneself; an unrestrained or excessive dwelling on one's own sorrows or misfortunes
Awry	Askew, amiss

[EXERCISE 4] BASIC INSTINCTS OF LIFE WHICH CREATE SELF

Review the table entitled “Basic Instincts of Life Which Create Self” and thoroughly understand, how social instinct, security instinct and sex instinct apply to you and your life.

BASIC INSTINCTS OF LIFE WHICH CREATE SELF

Social Instinct

Companionship - Wanting to belong or be accepted.

Prestige - Wanting to be recognized, or to be accepted as a leader.

Self Esteem - What we think of ourselves, high or low. Healthy self-esteem comes from practicing esteeming acts of self-love and self-care.

Pride - Excessive/unjustified opinion of oneself, either positive (self-love) or negative (self-hate).

Personal Relationships - Our relations with other human beings and the world around us.

Ambitions - Our plans to gain acceptance, power, recognition, prestige, etc.

We have a desire for companionship. We need prestige or recognition by others. We need self-esteem. These things are part of our lives. They are instincts that allow us to survive. If we didn't feel a need for companionship, we wouldn't come together to cooperate. We couldn't accomplish much. Our companionship instincts are natural and necessary to our survival.

Security Instinct

Material - Wanting money, buildings, property, clothing, etc., in order to be secure in the future.

Emotional - Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.

Ambitions - Our plans to gain material wealth, or to dominate, or to depend on others.

If it weren't for our basic need for security, we wouldn't plant and harvest crops, and we wouldn't construct shelter. The human race would die out.

Sex Instinct

Acceptable - Our sex lives as accepted by society, God's principles or our own principles

Hidden - Our sex lives that are contrary to either society, God's principles or our own principles.

Ambition - Our plans regarding our sex lives, either acceptable or hidden.

This instinct brings about reproduction, and keeps the human race going.

FLAWS AND ASSETS

Checklist of Flaws and Assets

4 Character Defect	Opposite Asset 4
aggressive, belligerent	good-natured, gentle
angry ²	forgiving, calm, generous
apathetic	interested, concerned, alert
apprehensive, afraid	calm, courageous
argumentative, quarrelsome	agreeable
arrogant, insolent	unassuming, humble
attacking, critical	fair, self-restrained
avoidant	faces problems and acts
blocking	honest, intuitive
boastful	modest, humble
careless ¹	careful, painstaking, concerned
cheating	honest
competitive (socially)	cooperative
compulsive	free
conceited ¹ , self-important	humble, modest
contradictory, oppositional	reasonable, agreeable
contrary, intractable, pigheaded	reasonable
controlling	lets go, esp. of other's lives
cowardly	brave ⁴
critical ³	non-judgmental, praising, tolerant,
cynical	open-minded
deceitful	guileless, honest
defensive	open to criticism
defiant, contemptuous	respectful
denying	honest, accepting
dependent	accepts help but is self-reliant
depressed, morose	hopeful, optimistic, cheerful ⁴
dirty, poor hygiene	clean ⁴
dishonest ³	honest
disloyal, treacherous	faithful, loyal ⁴
disobedient	obedient ⁴
disrespectful, insolent	respectful, reverent ⁴
enabling	setting boundaries, tough love
envying ^{2,3}	empathetic, generous, admiring
evasive, deceitful	candid, straightforward
exaggerating	honest, realistic
faithless, disloyal	reliable, faithful
falsely modest	honest, has self-esteem
falsely prideful ^{2,3}	modest, humble
fantasizing, unrealistic	practical, realistic
fearful ³	confidant, courageous

forgetful	responsible
gluttonous ² , excessive	moderate
gossiping ³	closed-mouth, kind, praising
greedy ^{2,3}	moderate, generous, sharing
hateful ³	forgiving, loving, concerned for others
hypersensitive	tolerant, doesn't personalize
ill-tempered ¹ , bitchy	good-tempered, calm
impatient ³	patient
impulsive, reckless	consistent, considered actions
inconsiderate	thoughtful, considerate
indecisive, timid	firm, decisive
indifferent, apathetic, aloof	caring
inflexible, stubborn	open-minded, flexible
insecure, anxious	self-confident, secure
insincere ³ , hypocritical	sincere, honest
intolerant ¹	tolerant, understanding, patient
irresponsible, reckless	responsible
isolating, solitary	sociable, outgoing
jealous ^{1,3}	trusting, generous, admiring
judgmental	broadminded, tolerant
justifying (own actions)	honest, frank, candid
lack of purpose	purposeful
lazy, indolent	industrious, conscientious
loud	tasteful, quiet
lustful ²	healthy sexuality
lying ³	honest
manipulative	candid, honest, non-controlling
masked, closed	honest, open, candid
nagging	supportive
narrow minded	open minded
obscene, crude	modest, courteous
over emotional	emotionally stable
perfectionistic	realistic goals
pessimistic ¹	realistic, hopeful, optimistic, trusting
possessive	generous
prejudiced	open-minded
procrastinates ³	disciplined, acts promptly
projecting (negative)	clear sighted, optimistic
rationalizing	candid, honest
resentful ^{1,3} , bitter, hateful	forgiving
resisting growing	willing to grow
rude, discourteous	polite, courteous ⁴

sarcastic ¹	praising, tolerant
self-important ³	humble, modest
self-centered	caring of others
self-destructive, self-defeating	self-fulfilling
self-hating	self-accepting, loving
self-justifying ³	admitting wrongs, humble
self-pitying ³	grateful, realistic, accepting
self-righteous	humble, understanding
self-seeking ³	selfless, concerned for others
selfish ^{1,3}	altruistic, concerned with others
shy	outgoing
slothful (lazy) ^{2,3}	industrious, taking action
spiteful, malicious	forgiving
stealing	honest
stubborn	open-minded, willing
sullen	cheerful
superior, grandiose, pretentious	humble
superstitious	realistic, no magical thinking
suspicious	trusting
tense	calm, serene
thinking negatively ³	being positive
treacherous	trustworthy
undisciplined, self-indulgent	disciplined
unfair	fair
unfriendly, hostile, bitchy	friendly ⁴
ungrateful	thankful, grateful
unkind, mean, malicious, spiteful	kind ⁴
unsupportive of others	supportive
untrustworthy, unreliable, dishonest	trustworthy ⁴
useless, destructive	helpful ⁴
vain	modest, humble
vindictive	forgiving
violent	gentle
vulgar ³	polite
wasteful	thrifty ⁴
willful	accepting of the inevitable
withdrawn	outgoing
wordy, verbose	frank, to the point, succinct

Other dysfunctional ways of acting, feeling or thinking which cause others or me pain (specify in the following *Review of Flaws*).

See source footnotes on page 2.

[EXERCISE 5] REVIEW OF FLAWS

First, we searched out the flaws in our make-up which caused our failure.

	FLAW	Give your best example of this specific flaw in your life
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

[EXERCISE 5] REVIEW OF ASSETS

You do have 24 assets. These are the assets you had before sex became a problem, or reappear in sobriety.

ASSET		Give your best example of this specific flaw in your life
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

	ASSET	Give your best example of this specific flaw in your life
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		

RESENTMENTS

Do not be restricted by this list. It is just to help get you started.

PEOPLE

Father
 Mother
 Boy Friends/Lovers
 Brothers
 Sisters
 Sponsors
 Employers
 A.A. Friends
 Acquaintances
 Aunts
 Best Friends
 C.A. Friends
 Childhood Friends
 Clergy
 Co-Workers
 Cousins
 Creditors
 Doctors
 Employees
 Girl Friends
 Husbands

In-Laws
 Judges
 Lawyers
 Life-long Friends
 Parole Officers
 Police
 Probation Officers
 School Friends
 Teachers
 Uncles
 Wives

INSTITUTIONS

Authority
 Bible
 Child Protection
 Church
 Correctional System
 Education System
 Government
 Law
 Marriage
 Health/Mental Health System

PRINCIPLES

Nationality
 Philosophy
 Races
 Religion
 Society
 Adultery
 Death
 God-Deity
 Golden Rule
 Heaven
 Hell
 Homophobia
 Jesus Christ
 Life After Death
 Original Sin
 Retribution
 Satan
 Seven Deadly Sins
 Sin
 Ten Commandments

MORE from your experience!

RESENTMENTS CHECKLIST

"Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened?"

SELFISH

- Not seeing others point of view, problems or needs
- Wanting things my way
- Wanting special treatment
- Wanting others to meet my needs—dependence
- Wanting what others have
- Wanting to control—dominance
- Thinking I'm better—grandiosity
- Wanting to be the best
- Thinking others are jealous
- Wanting others to be like me
- Being miserly, possessive
- Wanting more than my share
- Reacting from self-loathing, self-righteousness
- Too concerned about me
- Not trying to be a friend
- Wanting to look good or be liked
- Concerned only with my needs

DISHONEST

- Not seeing or admitting where I was at fault
- Having a superior attitude—thinking I'm better
- Blaming others for my problems
- Not admitting I've done the same thing
- Not expressing feelings or ideas
- Not being clear about motives
- Lying, cheating, stealing
- Hiding reality—not facing facts
- Stubbornly holding on to inaccurate beliefs
- Breaking rules
- Lying to myself
- Exaggerating, minimalizing
- Setting myself up to be "wronged"
- Expecting others to be what they are not
- Being perfectionistic

SELF-SEEKING

- Manipulating others to do my will
- Putting others down internally or externally to build me up
- Engaging in character assassination
- Acting superior
- Acting to fill a void
- Engaging in gluttony or lusting at the expense of another person
- Ignoring others' needs
- Trying to control others
- Getting revenge when I don't get what I want
- Holding a resentment
- Acting to make me feel good

FRIGHTENED (OF)

- Peoples' opinions
- Rejection, abandonment
- Loneliness
- Physical injury, abuse
- Not being able to control or change someone
- My inferiority, inadequacy
- Criticism
- Expressing ideas or feelings
- Getting trapped
- Exposure, embarrassment

[EXERCISE 6] A REVIEW OF MY RESENTMENTS

[EXERCISE 6] A REVIEW OF MY RESENTMENTS		COLUMN 3								COLUMN 4												
		AFFECTS MY... "Which part of self is affected?"								"What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?"												
		Social Instinct		Security Instinct		Sex Instinct		Plans & Ambition														
COLUMN 1	COLUMN 2	Self-esteem	Personal Relationship	Material Security	Emotional Security	Acceptable Sex Relations	Hidden Sex Relations	Social Ambitions	Security Ambitions	Sexual Ambitions	SELFISH	DISHONEST	SELF-SEEKING	FEARFUL	INCONSIDERATE	NEED TO KNOW	LUSTFUL	PRIDEFUL	GRANDIOSE	SELF-PITY	SHAME	
I'm resentful at	Because they did or are...																					
1.																						
2.																						
3.																						
4.																						
5.																						
6.																						
7.																						
8.																						
9.																						
10.																						

[EXERCISE 6] A REVIEW OF MY RESENTMENTS

[EXERCISE 6] A REVIEW OF MY RESENTMENTS		COLUMN 3								COLUMN 4											
		AFFECTS MY... "Which part of self is affected?"								"What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?"											
COLUMN 1		COLUMN 2		Social Instinct		Security Instinct		Sex Instinct										Plans & Ambition		Social Instinct	
				Self-esteem	Personal Relationship	Material Security	Emotional Security	Acceptable Sex Relations	Hidden Sex Relations	Social Ambitions	Security Ambitions	Sexual Ambitions	SELFISH	DISHONEST	SELF-SEEKING	FEARFUL	INCONSIDERATE	NEED TO KNOW	LUSTFUL	PRIDEFUL	GRANDIOSE
I'm resentful at		Because they did or are...																			
11.																					
12.																					
13.																					
14.																					
15.																					
16.																					
17.																					
18.																					
19.																					
20.																					

[EXERCISE 6] A REVIEW OF MY RESENTMENTS

[EXERCISE 6] A REVIEW OF MY RESENTMENTS		COLUMN 3								COLUMN 4												
		AFFECTS MY... "Which part of self is affected?"								"What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?"												
		Social Instinct		Security Instinct		Sex Instinct		Plans & Ambition														
COLUMN 1	COLUMN 2	Self-esteem	Personal Relationship	Material Security	Emotional Security	Acceptable Sex Relations	Hidden Sex Relations	Social Ambitions	Security Ambitions	Sexual Ambitions	SELFISH	DISHONEST	SELF-SEEKING	FEARFUL	INCONSIDERATE	NEED TO KNOW	LUSTFUL	PRIDEFUL	GRANDIOSE	SELF-PITY	SHAME	
I'm resentful at	Because they did or are...																					
21.																						
22.																						
23.																						
24.																						
25.																						
26.																						
27.																						
28.																						
29.																						
30.																						

[EXERCISE 6] A REVIEW OF MY RESENTMENTS

COLUMN 3 COLUMN 4

AFFECTS MY... "Which part of self is affected?"

"What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?"

Social Instinct Security Instinct Sex Instinct Plans & Ambition

- Self-esteem
- Personal Relationship
- Material Security
- Emotional Security
- Acceptable Sex Relations
- Hidden Sex Relations
- Social Ambitions
- Security Ambitions
- Sexual Ambitions
- SELFISH
- DISHONEST
- SELF-SEEKING
- FEARFUL
- INCONSIDERATE
- NEED TO KNOW
- LUSTFUL
- PRIDEFUL
- GRANDIOSE
- SELF-PITY
- SHAME

COLUMN 1 COLUMN 2

I'm resentful at Because they did or are...

31.	
32.	
33.	
34.	
35.	
36.	
37.	
38.	
39.	
40.	

FEARS (WHAT AM I AFRAID OF)

Do not be restricted by this list. It is just to help you get started. List your fears on the next pages

abandonment
aging
anger
authority figures
being alone
being deceived
being found out
being myself
change
compliments
confrontation
creditors
death
denial, my
disapproval
disease
divorce
embarrassment
employment
facing myself
failure
fear
feelings
financial insecurity

flying
fourth & fifth steps
future, the
getting fat or thin
God
going home
going out on a "whim"
having children
homelessness
homosexuality
honesty
humiliation
hurting others
I'm a fraud and others will find out
incarceration
intimacy
IRS, the
letting go
living
loneliness
losing hope
love
mediocrity
money

needing anyone
not being good enough
not being happy
not being liked
not being perfect
people (specify who)
police, the
poverty
procrastination
rape
rejection
relationships
resentments, my
responsibility
risks
saying that I can't do something
sex
sponsor, my
success
unemployment
unknown, the
violence
work
Search your own experience for other fears.

[EXERCISE 7] A REVIEW OF MY FEARS

FEAR =False Expectations Appearing Real
FEAR =Future Events Appearing Real

COLUMN 3 **COLUMN 4**

AFFECTS MY...
"Which part of self is affected?"

"What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?"

Social Instinct		Security Instinct		Sex Instinct		Plans & Ambition		SELFISH	DISHONEST	SELF-SEEKING	FEARFUL	INCONSIDERATE	NEED TO KNOW	LUSTFUL	PRIDEFUL	GRANDIOSE	SELF-PITY	SHAME
Self-esteem	Personal Relationship	Material Security	Emotional Security	Acceptable Sex Relations	Hidden Sex Relations	Social Ambitions	Security Ambitions	Sexual Ambitions										
1.																		
2.																		
3.																		
4.																		
5.																		
6.																		
7.																		
8.																		
9.																		
10.																		

COLUMN 1 **COLUMN 2**

	I'm fearful of...	I have this fear because...
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

[EXERCISE 7] A REVIEW OF MY FEARS

FEAR =False Expectations Appearing Real
FEAR =Future Events Appearing Real

COLUMN 3 **COLUMN 4**

AFFECTS MY...
"Which part of self is affected?"

"What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?"

Social Instinct		Security Instinct		Sex Instinct		Plans & Ambition														
Self-esteem	Personal Relationship	Material Security	Emotional Security	Acceptable Sex Relations	Hidden Sex Relations	Social Ambitions	Security Ambitions	Sexual Ambitions	SELFISH	DISHONEST	SELF-SEEKING	FEARFUL	INCONSIDERATE	NEED TO KNOW	LUSTFUL	PRIDEFUL	GRANDIOSE	SELF-PITY	SHAME	
11.																				
12.																				
13.																				
14.																				
15.																				
16.																				
17.																				
18.																				
19.																				
20.																				

COLUMN 1 **COLUMN 2**

	I'm fearful of...	I have this fear because...
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		

[EXERCISE 8] A REVIEW OF MY SEX CONDUCT		COLUMN 3								COLUMN 4												
		AFFECTS MY... "Which part of self is affected?"								"What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?"												
		Social Instinct		Security Instinct		Sex Instinct		Plans & Ambition														
COLUMN 1	COLUMN 2	Self-esteem	Personal Relationship	Material Security	Emotional Security	Acceptable Sex Relations	Hidden Sex Relations	Social Ambitions	Security Ambitions	Sexual Ambitions	SELFISH	DISHONEST	SELF-SEEKING	FEARFUL	INCONSIDERATE	NEED TO KNOW	LUSTFUL	PRIDEFUL	GRANDIOSE	SELF-PITY	SHAME	
Who did I harm?	What did I do?																					
1.																						
2.																						
3.																						
4.																						
5.																						
6.																						
7.																						
8.																						
9.																						
10.																						

[EXERCISE 8] A REVIEW OF MY SEX CONDUCT

COLUMN 3 **COLUMN 4**

AFFECTS MY...
"Which part of self is affected?"

"What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?"

Social Instinct **Security Instinct** **Sex Instinct** **Plans & Ambition**

Self-esteem	Personal Relationship	Material Security	Emotional Security	Acceptable Sex Relations	Hidden Sex Relations	Social Ambitions	Security Ambitions	Sexual Ambitions	SELFISH	DISHONEST	SELF-SEEKING	FEARFUL	INCONSIDERATE	NEED TO KNOW	LUSTFUL	PRIDEFUL	GRANDIOSE	SELF-PITY	SHAME
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COLUMN 1 **COLUMN 2**

Who did I harm? What did I do?

11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		

[EXERCISE 9] A REVIEW OF HARM DONE TO OTHERS

AFFECTS MY... "Which part of self is affected?"

COLUMN 3

COLUMN 4
 "What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?"

COLUMN 1		COLUMN 2		COLUMN 3								COLUMN 4																	
Who did I harm?		What did I do?		Social Instinct	Security Instinct	Sex Instinct	Plans & Ambition		Self-esteem	Personal Relationship	Material Security	Emotional Security	Acceptable Sex Relations	Hidden Sex Relations	Social Ambitions	Security Ambitions	Sexual Ambitions	SELFISH	DISHONEST	SELF-SEEKING	FEARFUL	INCONSIDERATE	NEED TO KNOW	LUSTFUL	PRIDEFUL	GRANDIOSE	SELF-PITY	SHAME	
1.																													
2.																													
3.																													
4.																													
5.																													
6.																													
7.																													
8.																													
9.																													
10.																													

[EXERCISE 9] A REVIEW OF HARM DONE TO OTHERS

AFFECTS MY... "Which part of self is affected?"

COLUMN 3

COLUMN 4
"What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?"

COLUMN 1		COLUMN 2		COLUMN 3								COLUMN 4																	
Who did I harm?		What did I do?		Social Instinct	Security Instinct	Sex Instinct	Plans & Ambition		Self-esteem	Personal Relationship	Material Security	Emotional Security	Acceptable Sex Relations	Hidden Sex Relations	Social Ambitions	Security Ambitions	Sexual Ambitions	SELFISH	DISHONEST	SELF-SEEKING	FEARFUL	INCONSIDERATE	NEED TO KNOW	LUSTFUL	PRIDEFUL	GRANDIOSE	SELF-PITY	SHAME	
11.																													
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