

The Twelve Steps

Fourth Step Inventory

If you honestly don't know the answer to a question, then just indicate that you do not know. If you aren't sure, or if a question is too much to face right at the moment, you may skip it and come back to it later. If any question suggests an area of discomfort or trouble, be sure to write it down. Get it down on paper, and get rid of it! For CHILDHOOD and ADOLESCENT questions, remember to answer them as you FELT THEN, not as you feel now. Put down any resentments you had THEN, even if you have already worked through some of these areas and forgiven those involved, etc.

CHILDHOOD

1. What kind of relationship did your mother have with her parents and family of origin? What kind of relationship did your father have with his parents and family of origin?
2. Were you wanted at birth? Write out the circumstances of your family at the time of your birth: things such as size of family, age differences, financial status. Were there other relatives or people living with you? In general, describe what your family thought of you.
3. How old were you, and how did you feel about the birth of brothers or sisters?
4. Were either of your parents sick enough to need hospitalization? Was there physical illness or mental/emotional illness in your immediate family?
5. Were you separated from any important family members? Was there fear or guilt about this separation? In other words, did you feel responsible?
6. Were you threatened by the bogeyman or the devil if you misbehaved? If so, what were your fears in this regard?
7. Write about any instances of sexual experimentation with other children. Were there any instances with adults: sexual abuse, or just seeing your parents in the nude, or anything that made you feel uneasy?
8. Were you afraid of the dark? Were you afraid of storms? Any other specific fears?
9. Were you afraid to fight, or maybe the opposite, afraid not to fight, because of pressure of parents, siblings, or others?
10. How did your parents punish you? Did it seem reasonable, and how did you react to it?
11. What kind of marriage do you think your parents had? Did you ever see or hear your parents having sex? What were your feelings about it?
12. If they fought, did you resent it? Did it scare you? Were you used to breaking up their fights, and did you take one side or the other?
13. If your parents were from different religions, did you feel confused about it? What was the religious background of your family?
14. Did anyone try to tell you about Jesus at an early age? What was your reaction?
15. Did you have any feelings or beliefs about God when you were a child? Did parents or anyone else read Bible stories to you?
16. Did you experiment with the occult as a child (Ouija boards, fortune telling, etc.)? Was anyone in your family a witch, or claim to have psychic powers?
17. Did you ever have an experience where it seemed like monsters or demons were trying to get your attention? Did you have an imaginary friend? What age were you? What happened to the imaginary friend as you grew older?
18. List the first time you ever stole something. Inventory any other thefts.
19. If you were named after someone, what was that person like?
20. Did your family move often? If so, did you make friends and then have to break off the relationship so often that you became afraid to get too close?

21. Do you remember starting school? What were your feelings? Try to remember each grade of grammar school, and list any resentments towards teachers, other pupils, etc. Was someone a bully towards you? Did other children make fun of you? Write down any resentment, however slight, in order to get rid of it.
22. Did you resent your church, relatives, friends, or friends of your parents? Did parents "make you" go to church? Did you go to church with them, or did they just SEND you?
23. What kind of language did your parents use? Were you ashamed of them for this or for anything else?
24. What were the chores assigned to you in your family? Did they seem fair to you? Were you able to do them so as to please your parents, or were you never good enough?
25. Did your parents seem to like your friends better than they did you? And did your friends seem to like your parents better than they did you? If so, did you resent this?
26. Did you have any bad experiences at Sunday school, or summer camp?
27. Were you an only child? Did you resent this or did you enjoy it? Did your parents want a child of the opposite sex when they had you? Did they name you or dress you to match their sex choice?
28. Did your appearance (looks, weight, dress, etc.) Embarrass you? Did you feel that you were different from your classmates?
29. Write down any other childhood memories that were painful. Which of the above questions about childhood was the toughest for you?

ADOLESCENCE

1. Many adolescents become sexually active because of peer pressure, or the desire to please another, but it may later lead to anger, disappointment or guilt. The guilt may prevent you from talking it over with an adult, or getting sound advice. Write down your experience concerning the above. Did anyone ever tell you God's commandments concerning sex, or by the time you heard them, was it too late?
2. Did you have any homosexual experiences? Did someone try to tell you that you were a homosexual, because of some experience you had? Were you made to feel you were "born that way" rather than having it forced on you? What other misguided sexual information did you receive from your peers?
3. Some girls are taught that men are only interested in sex, and some boys that they must be the greatest of all time. These attitudes are destructive. How have they affected you?
4. Did you have friends? What kind of a friend were you?
5. What interest or lack of interest did you have in school? How was your social life? Did you participate in sports? Why or why not?
6. Were you a trouble maker? If so, in what way? Did you destroy property?
7. Did you resent leaders, either physical or mental leaders? Did you resent not being in with the popular crowd? Did you act out on that resentment?
8. Did you feel you were a coward because you didn't want to fight? Or did you like to fight? Were you a bully? Were you embarrassed because anyone made fun of you or avoided you?
9. Were you exposed to other children in gym class or the restroom who were older and more developed physically? Some people feel inadequate as adults, because of being exposed to others more developed than they were at the time. Has this affected you in any way?
10. Were you jealous or envious of others? Were you shy or outgoing? How are you now? Does any particular type of person make you uncomfortable?
11. If you dropped out of school, explain your feelings and reasons. Did anything happen to you in high school that is a continuing source of shame?
12. Did your parents compare you to any other family member or friend? Did you resent them for wanting you to be like someone else?
13. How did you get the attention of your family: pout or sulk, be a good child, have temper tantrums, get in trouble?
14. Did you tell lies, and did you get caught?
15. What was the most embarrassing incident of adolescence?

16. First sexual intercourse: what were your feelings? Did you feel guilty, disappointed?
17. List any other sexual experiences in adolescence, either heterosexual or homosexual. Also, masturbation, fantasies, or experiences with pornography. We are not so much concerned about the details, as your feelings.
18. If you got someone pregnant, or became pregnant yourself, what did you do and how did you feel about your actions?
19. Were you ashamed of your parents? Were they too old, too fat, too sloppy, too drunk, too poor, too whatever?
20. Did you have the kind of clothes the other kids wore? Was there enough money for things you needed, and if not, were you resentful of that? If there was, did you take it for granted? Did you feel any sibling got more than you did?
21. Were you the kind of child you would want to have?
22. Did you ever skip a grade in school, or were you held back? How did you cope with that, and how did it make you feel?
23. Did you feel either superior or inferior to other students?
24. Were you undependable as a friend: breaking off relationships without any explanation when something or someone who seemed better came along?
25. Did you put one member of your family against another?
26. What was your best experience of adolescence? Your worst?
27. Is there anything else that we haven't covered that makes you uncomfortable, concerning your adolescence?

ADULTHOOD

1. When, and how, and in what instances did my selfish pursuit of sex relations, or my drinking, or my drug addiction damage other people and myself? What people were hurt, and how badly? Did I ruin my marriage and injure my children? Did I jeopardize my standing in the community?
2. Just how did I react to these situations at the time? Did I feel guilt, or did I try to rationalize it away and blame others?
3. How have I reacted to frustration in sexual matters? When denied, did I become vengeful or depressed? If there was rejection or coldness at home, did I use that as a reason for promiscuity?
4. Many people who are lonely and don't really know how to love get involved senselessly in sexual relationships. The temporary loss of loneliness makes one call sex "love," but when the sex partner is gone, there is an even greater sense of loneliness. Have you experienced this?
5. If you have married a cold, unloving person, ask yourself why you chose that one to be your mate. Did you use it as an excuse to find new romances? Was your mother or father cold and unloving, and this is your chance to get even with them through your spouse?
6. Why did you get married? Was it for the right reasons? Or, why haven't you gotten married?
7. Did you marry earlier than your peer group, or later? Do you resent the responsibilities of marriage and a family?
8. If married, are your parents or your in laws allowed to interfere in your marriage?
9. Are you still a baby in your parents' eyes, and do you take advantage of this? Have your parents gotten you out of trouble that you should have been able to handle yourself?
10. Have you been involved with the occult as an adult (Ouija boards, fortune telling, witchcraft, astrology, yoga, New Age, channeling, etc.)?
11. Have you ever heard voices in your head telling you that you were no good, a failure, ugly, nobody loves you, God doesn't love you, etc.?
12. Have you ever seen or been contacted by UFOs or beings you thought were aliens?
13. List any spiritual experiences you have had that were evil, confusing, or frightening. Do you ever feel there is some kind of interference when you try to pray, worship at church or read the Bible?
14. Do you have frequent insomnia or nightmares?

15. Do you feel the world owes you a living? Is it always someone else's fault when things don't go your way, or you can't seem to get a job? Do you blame others rather than your own laziness and lack of diligence?
16. Do you feel laws are made for other people, and that you have the right to disobey the law when it is inconvenient for you to obey it? Do you write bad checks? When you get caught doing these things are you angry at the police, or the bank for charging you, rather than look at yourself and take the blame?
17. Do you gossip about others? Do you use people to get what you want? Do you gossip or perform character assassination on others in order to get ahead in the business world?
18. If revenge were possible right now, who would be the people on your list? Why?
19. What are your present feelings about sex, parents, siblings, grandparents, friends, your children, your job? What are your feelings about finances, your marital status? What are your hopes and goals?
20. How much time do you spend with your family? Do you think it is too much or too little?
21. What is your greatest fear? Do you have any fears in these areas: fear of death, fear of Satan or hell, having committed the unpardonable sin, losing salvation, fear of rejection or disapproval by people, never being loved, being a victim of crime, pain or illness, fear you might be homosexual, financial problems, fear of going crazy, etc.
22. What is your sex life like? If married, do you use or withhold sex to punish your spouse? Write out your ideal of a healthy sex life.
23. Write on any other sexual experiences not previously discussed that made you feel uncomfortable, and for which you still carry guilt or fear. It's the feelings we are concerned with, not so much who, what or when.
24. Are you ashamed of your body or the way you look? Are you afraid of being sexually rejected? What do you feel is wrong with you?
25. Write out your feelings of pride about any of these questions, and what you feel are the best things about you physically.
26. What things about yourself, or that you have done, are you ashamed of?
27. Do you have a pattern of getting sick? Do you use illness as an excuse to avoid responsibilities or to get attention or sympathy, or to get out of a jam?
28. List all the negative feelings and resentments you have about people in your work environment. Are you indifferent or careless about your job? Do you feel others in your office will get more money or prestige than you?
29. If you are divorced or getting divorced, write out negative feelings about the situation and the people involved: resentments, fears, guilt about your relationship with your spouse or your children. Are you using the children to get back at your spouse?
30. If married, write out exactly how you feel about your spouse and children. Are they living up to your expectations? Do you set too high and unreasonable expectations?
31. Do you feel no one really understands you (if they knew what you had been through, they wouldn't expect so much from you)?
32. Do you blame family members, spouse or children for your life not being what you think it should be? How do you think it would be different if they were out of your life?
33. Do you feel superior or inferior to others? Do you avoid looking at yourself by making statements such as "At least I'm not like so-and-so" or "At least I'm no THAT fat" or "At least I'm no that flaky" etc.?
34. Do you judge or make fun of people who appear to be less fortunate mentally, physically, financially or morally than you think you are?
35. Do you compare yourself to others and make yourself suffer by picking people who are further along in the program than you, or people who are talented in areas where you are not?
36. The only person you can adequately compare yourself to is yourself. How were you five days ago, five weeks ago, five months ago, at your first recovery meeting, and how are you now? Forget how other people are, and work on yourself.
37. List every act that you swore you would take to the grave, telling no one. If you want freedom and healing, you must expose everything, and leave no dark corners uncovered.

38. Are you afraid of getting too close to another person for fear of being rejected? Do you reject others before they can reject you?
39. Define love. What do you feel it is?
40. In what ways are you a responsible person?
41. What are your fears concerning money? Do you abuse credit cards or spend extravagantly, or do you go to the other extreme, and are you a tightwad or miser?
42. What things make you feel greedy, envious or angry?
43. Is your personal appearance particularly careless or prideful? Do you judge other people by their outward appearance?
44. Are you scornful of ideas that weren't your own? Do you argue with people and always have to be right?
45. Do you tell others how bad you have been or still are? This is pride in reverse, and a good tool if you like self pity and depression. Or do you go to the other extreme and boast of how good you are or were? This is a good way to give your ego a false sense of security, but it doesn't last and it isn't real.
46. Is there anyone you still have resentment towards, or even hatred? Do you still feel guilt about anything in particular?
47. Do you tell lies or exaggerate and "stretch" the truth? Do you boast and play the Big Shot?
48. Do you always want to be the center of attention in a group, or do reach out to others to help a new or shy person feel comfortable?
49. What kind of things do you waste the most time worrying about, the past or the future?
50. Have you been so busy trying to make money or make the perfect household, that you don't really spend time with your family? Do you find yourself punishing your children the way your parents punished you?
51. Do you say, "I give my family everything they want, but they aren't ever satisfied"?
52. What kind of communication do you have with your family? If married, and your spouse turns cold, do you turn to someone else who is more "understanding"?
53. Do you feel you somehow have to prove you are worthy of love? Elaborate on this.
54. Are you involved in a romantic relationship that could bring yourself or others harm?
55. Do you threaten others by saying you can't stay abstinent if you don't get your way, or if certain things don't happen?
56. Do you feel superior because you have more education, money, brains, the "right" color skin, social background, vocation, or any other seeming advantage?
57. Do you feel inferior because of any of the above?
58. Do you have a hard time getting to places on time or keeping commitments?
59. Do you resent others who don't seem to have problems finding happiness? Have you bothered to ask the people who seem happy how they got that way?
60. If you have a weight problem, do you envy people who seem to be able to eat anything and remain slim? If you are an alcoholic, do you envy people who can drink "socially" without any problems?
61. Do you have any bitterness or resentment towards God because of things that have happened to you in your life, or because of something you missed out on in life?
62. How do you presently get people's attention: pouting, sulking, temper tantrums, being extra good (and letting them know it), playing stupid, frustrating other's activities, griping and complaining so that others will know how bad YOU feel?
63. What character defects do you have that contribute to your financial instability? Are you always looking for a quick-fix or falling for get-rich-quick schemes?
64. Do you have fears, inferiority complex, or low self-esteem that interferes with your job? Have you stepped on people to get ahead in your job, or in the world?
65. Do you try to cover up for these feelings of inferiority by lying, cheating, boasting, or evading responsibility? Do you blame others for your failures, rather than face up to your own responsibilities? Is it always, "The boss was out to get me"?
66. Do you have fears, inferiority complex, or low self-esteem that interfere with relationships? Do you have unrealistic expectations or make unreasonable demands in relationships? How does your own selfishness sabotage your relationships?

67. What other character defects or behavior patterns of yours interfere with you having healthy relationships with people, not just romantic relationships, but friendships, church relationships, children, etc.?
68. Are you willing to work on these character defects and change behavior patterns when we get to Steps 6 and 7? Don't focus on your ABILITY to change; for right now, just focus on your willingness.