Outline for AA's Fourth & Sixth Steps

Big Book Format

(last revised January 28, 2005)

This is a versatile, blank Word document that you can use for writing both your Fourth and your Sixth Steps.

The column headers for the Fourth Step are based on the instructions contained in Alcoholics Anonymous (the "Big Book") on pages 64-71. Please read those pages carefully and then consult with your sponsor before proceeding with your Fourth Step.

Note that each cell will expand downwards to accommodate whatever you need to write in that area. You can also modify this document by placing your cursor at the spot where you want to either add or delete a row and then clicking on "Table" at the top of the screen. Select either "insert" or "delete" as needed.

4a. Resentments

RESENTFUL AT: (people, institutions, principles)	**THE CAUSE:**	**AFFECTS MY:** (self-esteem, pocketbook, security, ambitions, personal relations, sexual relations)	**MY CONTRIBUTION / FAULT** (for instance: selfish? dishonest? self seeking? frightened?

4b. Fears

FEARS	WHY DO I HAVE THIS FEAR?	HAVE I ASKED GOD TO REMOVE THIS FEAR?

4c. Sexual History Inventory

SEX PARTNER or **CONDUCT**	Selfish	Dishonest	Incon-siderate	Whom did I hurt?	Aroused jealousy	Aroused suspicion	Aroused bitterness	Where was I at fault?	What should I have done instead?

A. WRITE OUT WHAT YOUR IDEAL WILL BE FOR YOUR SEXUAL CONDUCT IN THE FUTURE. WHAT DO YOU WANT THIS AREA OF YOUR LIFE TO BE LIKE?

B. CAN YOU HONESTLY SAY THAT YOU ARE WILLING TO BEGIN TO "GROW TOWARD" THIS IDEAL? HOW WILLING ARE YOU?

4d. Harm's List (Eighth Step Questions)

WHOM HAVE WE HURT	**SPECIFIC REASON?** (if possible… don't need to go into elaborate and long-winded details)	Willing	Might be Willing	Never!	An amend would or might cause harm to OR what has already been done on this amend:

6. List of Defects of Character

GENERAL DEFECT PLUS SPECIFIC EXAMPLE (Consult Meeting #12 Outline for Guidance)	**% OF WILLINGESS**