

STEP 4 - *Made a searching and fearless moral inventory of resentment/fear*

PERSON - Who is the object of my resentment or fear?	CAUSE - What specific action was taken to hurt me?	EFFECT - What effect did that action have on my life?	DAMAGE - What damage occurred to my social, security, or sexual instinct?	MY PART - What part am I responsible for?

STEP 5 - Two trusted people with whom I can admit the exact nature of our wrongs _____ & _____

STEP 4 - *Made a searching and fearless moral inventory of harms and sexual conduct*

PERSON - Who did I hurt?	CAUSE - What specific action did I do?	RESULT - What effect and damage resulted?	EXACT NATURE - Self-seeking, inconsiderate, dishonest, frightened? (sexual: arouse jealousy, suspicious, bitterness?)	ALTERNATE - What I could have done instead?
1.				
2.				
3.				
4.				
5.				
6.				
7.				