

**Date:**

**INCIDENT (limited to one sentence):**

**1. HOW WAS I SELFISH (*i.e.*, thinking only of myself, or not putting myself in someone else's position)?**

**2. HOW WAS I RESENTFUL (and what was the basis of this resentment)?**

**3. HOW WAS I AFRAID (How does this demonstrate a lack of faith, misplaced faith, or faith in a negative outcome)?**

**4. HOW WAS I DISHONEST (by commission or omission)?**

**5. HOW DID I DEMAND TO CONTROL ("Do it my way")?**

**6. HOW DID I DEMAND TO BE RIGHT ("I told you so")?**

**7. HOW DID I DEMAND TO BE A VICTIM ("Poor me")?**

**8. HOW WAS I DEFIANT ("Don't confuse me with the facts, I've made up my mind")?**

**9. HOW WAS I IN DENIAL ("I don't care, I want it my way")?**

**10. WHO DID I HURT AND HOW DID I HURT THEM (*i.e.*, who was affected as a result of my action or inaction)?**

**11. HOW CAN I REPAIR THE DAMAGE (*i.e.*, how can I put right what I've put wrong)?**

**12. WHAT COULD I HAVE DONE BETTER (*i.e.*, what actions could I have taken to improve the situation)?**

Addressed past actions

Made amends where possible

In working Step Ten, it is important to revisit the content of Step Four. In *Serenity, A Companion for Twelve Step Recovery*, Dr. Robert Hemfelt and Dr. Richard Fowler write that there are six parts to the “fearless and searching moral inventory” of Step Four. These include (paraphrased here):

1. **Tell your story.** Do this by writing in a journal or sharing with others at a meeting.
2. **Discover the roots of your addictions.** Examine your childhood – what needs of yours were not met? What negative behaviors did you learn?
3. **Confront the full extent of your dependencies**, including primary addictions to substances and “peripheral” addictions such as a co-dependent relationship or an unhealthy need for approval.
4. **Review your past relationships** with people who have played a significant role in your life. How have you hurt them or yourself through addiction and dependence?
5. **Address your guilt.** To move beyond addiction, which is propelled by guilt and shame, distinguish between the two types of guilt: false shame and authentic guilt. False shame is baseless and instilled by negative external influences. Authentic guilt is the mature acceptance of personal responsibility for damage done.
6. **Look for the good.** Inventory your positive behaviors and attributes along with the negative. Find the good in yourself.