

## AL-ANON FOURTH STEP INVENTORY GUIDE - 9/07

### GENERAL DIRECTIONS

1. Buy pen and paper and start writing. Writing is what triggers the releases. Al-Anon experience shows us we had problems in life and living even before someone's drinking affected our lives. The answers to questions such as "what caused us to be the way we are and react the way we do," "what are the causes of our discomfort with ourselves and others," can be found in an inventory of ourselves.
2. We cannot over stress the need for rigorous honesty in answering these questions. We are looking for the truth of us. We are here to uncover, discover and discard those things that destroy our quality of living with ourselves and others. Take this Step as honestly as you can at this time. Write it as if no one other than yourself would ever read the material.
3. Blaming others is not allowed. It only reinforces your system of denial - denial of your responsibility in the situations. We cannot become whole by confessing the defects of others.
4. This inventory is about **feelings**. We find that what we did or did not do, what we allowed to happen or stopped from happening is not nearly as important as how we felt about ourselves afterward. Feelings are very important in how we act and how we interact with those about us. When answering these the questions, be sure and write not only the circumstances of the situations, but how you felt about it and how it affected the way you felt about yourself.
5. You are not being graded on spelling, punctuation, writing ability, vocabulary, penmanship or grammar.
6. There is no such thing as a **perfect inventory**. Just do your honest best. If you decide to scratch through something you have written - "**don't do it.**" It may be one of the keys that will unlock part of your personality that is now hidden from you.
7. This is a long outline. Don't let its length or depth scare you or dissuade you. Take each question and in your own words, write out your answer in narrative or essay form. Let it all hang out. Pray before doing each question that you'll be as honest and as truthful as possible.
8. If you come to a question that does not apply - merely write "n/a" and go on to the next question.
9. If you cover an event or feeling in answering one question and then it comes up again in any following question, it is not necessary to duplicate your answer, just add any new material that you did not write in the original answer.

10. It is normal to get a bit depressed as we go back through the garbage of our past - however don't wallow in the garbage. Keep moving on until you complete the inventory. Sometimes it is helpful to write on the top of each page, "**God Loves Me.**" And at the bottom of the page write, "**God Still Loves Me.**"
11. If a particular question brings great pain, you might want to discuss it immediately with your sponsor or perhaps go on to the next question and come back to it later. In any event, don't stop working on the inventory.
12. Be sure to write down the good as well as the bad. No one is all good - we're not saints. No one is all bad. What we want to find out is the **truth** - who we really are.
13. The inventory doesn't change things - it merely lists things. When completed it is a story of your life and your feelings, a case history.
14. There may be questions you wince at just remembering, however just write the answers down - it's not hurting anyone but you. You're only as **sick as your secrets**.
15. There may be questions that offend you - if they do not apply move on. If they do apply, answer them. Someone else must have done them in that they're covered in the guide. You are not alone.
16. Don't wait for the "proper mood" to hit you before you start writing. Try to work on your inventory some each day - be persistent.
17. The inventory is divided into sections to help you gather your thoughts on a particular segment of your life.
18. When you are half-way through the inventory, set up a time to do your Fifth Step. Ask God to select someone who understands the purpose of the Fourth and Fifth Steps - no one who would either moralize or break your trust. (This is usually your sponsor for he/she already is familiar with your case and you have a trust relationship already.) However in some circumstances, another person may be best. God will show you with whom to do a Fifth step.
19. After answering all the questions of the inventory, go back and read over all you have written. Is it honest? If not use extra paper and show which answers are inaccurate or incomplete and list the truth as you know it. If you have been painstaking in doing this inventory, it will be of real value to you. If you've been dishonest, you've only cheated yourself.
20. On a separate sheet of paper, make two columns. At the top of the column on the left, write "**positives**" and list all of the character assets or positive traits that you found in your inventory. At the top of the column on the right, write the word, "**negatives**" and list all of

your character defects or shortcomings. The positives will be your foundation to build upon as you continue on with Steps Six - Nine.

Don't be discouraged if you can't find all the positives and negatives. The person you take the Fifth Step with will be more able to have perspective than you're capable of right now.

**Note: This inventory guide and its questions is for the use of any AA or Al-Anon member. It may be reproduced for use, providing it is done so without cost. Freely you've been given - Freely Give.**

## YOUR CHILDHOOD - AGE 0 - AGE 12

1. What kind of relationship did your mother have with her parents or family?
2. How did you feel about your mother's family?
3. What kind of relationship did your father have with his parents or family?
4. How did you feel about your father's family?
5. Were you wanted at birth?
6. Did your parents want a child of the opposite sex when you were born?
7. Were you illegitimate? If so, how did you feel when you were informed and how did this affect your life or your feelings about yourself?
8. When you were born what were the circumstances of your family? (family size, age differences, financial status, etc.)
9. What do you think your family thought of you as a child?
10. Was there laughter, joy, depression or fear in your home?
11. Did other relatives live with your family? (If so, how did you feel about it?)
12. Did you have younger brothers and sisters? (How did you feel when the new arrivals came?)
13. Were you an only child? (How did you feel about it?)
14. Were you adopted? (Include your age when you found out, any feelings about this i.e. desire to know your natural parents, anger, etc.) Do you have any lasting negative feelings about this today?
15. Were you separated from any important family member through sickness, hospitalization, divorce, etc.? How did you feel?
16. Did you experience the death of a family member or close friend when you were a child? (Write any fears, hurts, or pain you had regarding this.)
17. Did your mother or father have a favorite child? (How did you feel about this?)
18. Were you ever threatened by the "bogey man," the devil, etc.?

19. Were you taught any unnatural fears? (the dark, other races, spiders, snakes, storms, etc.)
20. Is there any history of mental illness in your family and if so do you fear insanity?
21. Was any family member jailed or do any prison time? (Write any feelings about this.)
22. Did any family member commit suicide? (Write any feelings about this.)
23. Was any family member physically or mentally or emotionally handicapped? (Write any feelings about this.)
24. Was there any physical or verbal abuse in your family? (What were your feelings?)
25. Who punished you in your family? (Was it fair, unfair, severe, and what were your reactions and feelings regarding punishment?)
26. Were you ever molested sexually? Write details of incident and how you felt and any help you received. (professional or otherwise)
27. Did you have any recurring nightmares as a child? (Anything you remember that still bothers you?)
28. What did you do to get attention from your family? (positive or negative behaviors)
29. What kind of relationship do you feel your parents had?
30. Were there arguments and fights in the home where you were asked to take sides? How did you feel about it?
31. Did your parents divorce or separate? (What were your feelings?)
32. Were you ever used as a pawn between parents?
33. What religious or spiritual background, if any, do you have? (Write your concepts and feelings.)
34. Did you ever steal from your parents or family members? (What kinds of thefts; did you get caught and punished?)
35. Did you ever steal from classmates, friends, businesses when you were a child? (What were the consequences of these actions and your feelings?)

36. Did you fight physically or verbally with family members?
37. Were you allowed to show your "feelings" in your home? (Was this done appropriately?)
38. Were you proud of your home and allowed to bring your friends there? (If not, explain.)
39. Do you like your name and do you have a nickname? (Any kind of negative or positive feelings about this?)
40. Did your family move often when you were a child? How did it affect you and your relationships?
41. Did you have your own room at home or did you share one? (Write any feelings about this.)
42. Were you ashamed of your home, clothes, neighborhood or family?
43. Were you a bed-wetter and how did this affect you?
44. Did you have to share a bed with a bed-wetter? How did you feel toward the other person?
45. What were your chores as a child and how did you feel about them?
46. Were you praised for doing your chores well or criticized for lack of perfection? (How did this make you feel?)
47. Were you ashamed of any of your family members?
48. Were you allowed to play and get dirty or were you reprimanded for not being more particular with your clothes?
49. Were you sick often? (other than normal childhood illnesses)
50. Do you have any unnatural fears about germs or sickness?
51. Did you like your appearance or did it embarrass you in some way?
52. Did you feel different than the other kids seemed to - were you lonely as a child?
53. Did you ever set anything on fire deliberately? (How did it feel and were you caught and punished?)
54. Did you commit any acts of vandalism? (How did it feel and were you caught and punished?)

55. List anything you did as a child that hurt your family.
56. List anything your family did that hurt you as a child.
57. List your years in school - kindergarten through the 7th grade. Write any memories that stand out - positive or negative. Try to write about each grade and as you do, list any hurts, fears, pain, resentments, embarrassments, joys, awards, feelings of achievement, etc. that you can. Did you receive any unfair punishments or grades from the teachers? How did you fit in with the other kids? Were these good years or unhappy or fearful years for you?
58. Were you a leader or a follower?
59. Was there any alcoholism in your family when you were a child and how did it affect you?
60. Did you live in a "play-like" or fantasy world?
61. Did you ever spend time in an orphanage or children's home? (Write any happenings and your feelings about this.)
62. Did you go to summer camp? (Write any feelings about this.)
63. Did you go to a church camp? (Write any feelings about this.)
64. Did you love your family?
65. Did you feel loved by your family?
66. Did you learn about a healthy form of self-love as a child?
67. What was love to you when you were a child?
68. What's your best and worst memories from childhood?
69. Looking back over the childhood section was anything that was significant in your life that wasn't brought out - if so, write about that now.
70. Which of the childhood questions was the most difficult to write about and why?

## YOUR ADOLESCENCE - AGE 13 - AGE 17

1. List your years in school - 8th grade through 12th grade. Write any memories that stand out - positive or negative. Try to write about each grade and as you do, list any hurts, fears, pain, resentments, embarrassments, joys, awards, feelings of achievement, etc. that you can. Did you receive any unfair punishments or grades from teachers? How did you fit in with the other kids? Were these good years or unhappy years for you?
2. Were you in any organized sports? (Do you have any hurtful memories about this?)
3. What kinds of friends did you choose? (the Jocks, the Brains, the Beautiful People, the Social Leaders, or the Misfits)
4. Did you move up the social ladder to better yourself or did you move down to feel more comfortable?
5. Did your friendships here reflect a pattern in your adult life?
6. Did you feel a part of or apart from the group you were in? (a joiner or a loner?)
7. Were you popular with your peers?
8. Did people gravitate toward you or did you go to them?
9. Did you have a close friend betray you in any way? (How did this affect you?)
10. Did you betray a close friend (How did it make you feel?)
11. Did you fail any grade in school? (How did you feel about this or the teacher who failed you?)
12. Did you have any learning problems or handicaps?
13. Were you active in school social events? (dances, games, proms, etc.)
14. If you weren't active in social events, how did you feel about it?
15. Did you graduate from High School? (If not, how did you feel?)
16. Did you get a GED instead of a high school diploma? (How do you feel about this?)
17. Were you a brown noser or teacher's pet in school?
18. Did you cheat on tests and if so were you caught and punished?

19. Did you enable others by allowing them to look on your papers or doing their work for them? (Were you caught or punished?)
20. Were you a trouble maker or attention getter in class?
21. Were you either a bully or a coward?
22. Were you compared to other brothers or sisters by your teachers? (How did you feel about this?)
23. Were others warned to stay away from you or your neighborhood? (How did this make you feel?)
24. Were you a liar? (Did you exaggerate stories for attention getting purposes?)
25. Were you caught and punished for lying?
26. Did people doubt you when you were actually telling the truth? (How did you feel about this?)
27. What kinds of lies did you tell?
28. What did you do to get attention in school?
29. Did you date regularly? (If not, how did you feel about it?)
30. Did you feel comfortable on dates?
31. Do you remember your first "Love" - your puppy love? (Write about the relationship and your feelings and how it ended.)
32. Did you ever fail to receive notice from someone you were infatuated with? (What did you do to get his/her attention?)
33. Did you "go steady?" (What kind of relationship was it? How did it end? List each serious relationship during this period of your life.)
34. How long after a break-up did you start another new relationship?
35. Did you have to hold on to one relationship until you could find a new one before letting go of the first one?
36. Were you jealous or envious of any of the relationships of your peers?

37. Did your clothes or appearance bother you in any way?
38. Did you have more or less money than your friends?
39. Did you have a habit of borrowing from friends? (money, rides, cigarettes, paper, pencils, clothes, cars, etc. How did they react and how did you feel?)
40. Were you the same or similar age of your classmates? (If not did you have any feelings about this?)
41. Were you ashamed of your parents or family for any reason?
42. List all your thefts as an adolescent. (Were you caught and punished?)
43. Did you "pit" or use one family member against another? (What kind of feeling did you get out of this?)
44. Are there any resentments, guilts or situations that caused you continuing pain or embarrassment as an adolescent?
45. Do you have any memories from adolescence that are still painful?
46. What was the best memory experience of adolescence?
47. What is your worst memory experience of adolescence?
48. Were you the kind of adolescent you'd want to have?
49. Were you robbed of your innocence or youth in any way? (over-responsibility encouraged by family, molestation, etc.)
50. What were your adolescent fears and how did they affect you?

## YOUR SEXUAL LIFE

1. What was your first sexual experience of any kind? (How did it make you feel?)
2. Did you have sexual experience of any kind with an animal? (i.e. a child's curiosity in having a dog or cat lick sexual zones)
3. Did you have any sexual type experience with a family member? (playing doctor, show and tell, incest, or anything that just felt wrong or inappropriate - describe in detail)
4. When you're around that person today, how do you feel about him/her?
5. Were you a victim of child molestation or abuse? (explain in detail):
  - a. Did you tell anyone about it and what happened as a result?
  - b. Was it a one-time or on-going experience - how long?
  - c. How old were you when this happened?
  - d. Did you enjoy it or have guilt feelings?
  - e. Have you had any help or counseling to overcome it?
  - f. How did this affect your ability to trust or have healthy sexual attitudes or relationships?
6. How old were you when you first masturbated?
  - a. Were you caught or shamed?
  - b. Did you feel guilt or shame even though not caught?
  - c. Did you understand that masturbation was normal?
7. Did you ever have sexual experiences with someone of your own sex as a child? (i.e. circle jerk, masturbation, oral sex - and how did you feel about this?)
8. Did you see either or both of your parents in the nude? (How did you feel?)
9. Did you see or hear your parents having sex? (What were the circumstances and your feelings?)
10. When you were a child and saw fully developed nude adults, did you have any feelings of inadequacy and did these carry over into adulthood?
11. **FOR WOMEN ONLY:**
  - a. Were you prepared for your menstrual period?

- b. Were you given adequate sex education? (If not, where did you receive your information and was it correct?)
- c. What attitude did you have about your body and your sexuality?
- d. Were you told that it was wrong to feel sexy?
- e. Did you feel men were only interested in sex and that you were only a sex object?
- f. Have you been a victim of sexual harassment? (Was it reported and how did it make you feel?)
- g. Have you been a victim of "date rape" - was it reported and how did you feel? Did you receive counseling?
- h. When having sex, do you usually climax? (Under what circumstances do you not?)
- i. Have you used the lack of climax to justify taking lovers or being promiscuous?
- j. Have you had a hysterectomy? (What are your feelings and did it affect your sex life or partner?)
- k. Have you had a breast removed? (What are your feelings -and did it affect your sex life or partner?)
- l. Have you ever wanted breast enhancement or reduction?
- m. Have you ever been pregnant? (Describe the circumstances and your feelings.)
- n. Have you ever had an unwanted pregnancy? (Explain the circumstances and your feelings.)
- o. Have you ever had an abortion? (Explain the circumstances and your feelings?)
- p. Were you ever an unwed mother? (Explain the situation and your feelings?)
- q. Have you given a child up for adoption? (Explain the circumstances and your feelings.)
- r. Do you accept responsibility for your own birth control and protection from disease or do you depend upon your partner for this?
- s. Do you have routine medical check-ups? (pap smears, exams, mammography, to maintain your health)

- t. Have you ever had a sexually transmitted disease? (What kind, the circumstances and what were your feelings about it?)

11. **FOR MEN ONLY:**

- a. Were you given adequate sex education or where did you learn?
- b. Were you taught you must be a great lover to get a woman or keep one and if so, how did this "pressure attitude" affect you?
- c. When one's self-esteem is low, it can affect sexual performance - has this affected you?
- d. Have you ever gotten someone pregnant? (What were the circumstances and your feelings about it?)
  - (1) Was it an unwanted pregnancy?
  - (2) Did you use precautions or leave sexual responsibility up to your partner?
  - (3) Did you want the girl to have an abortion?
  - (4) Did she keep the child or put it up for adoption?
  - (5) Do you pay child support (being responsible for your actions)
- e. Have you ever sexually harassed anyone and how did it make you feel?
- f. Have you been sexually harassed - describe the circumstances and your feelings?
- g. Have you ever participated in "date rape" or "gang rape" and how did it make you feel?
- h. Do you use protection against unwanted pregnancy as well as diseases? (Are you a responsible partner?)
- i. Do you have any specific "performance problems?" (Explain in detail and how you feel about them.)
- j. Have you used women's clothing for sexual reasons - are you a cross-dresser?
- k. Have you ever failed to perform? (What was your partner's reactions and what were your feelings?)
- l. Are you attentive to your partners needs (foreplay, afterplay, etc.) or do you have selfish sex - using another person as a sleeping pill or just for a sexual climax?

12. **FOR MEN AND WOMEN: - FIRST SEXUAL INTERCOURSE**

- a. How old were you?
  - b. Describe the circumstances.
  - c. What were your feelings during?
  - d. What were your feelings afterward?
  - e. Was protection used?
  - f. Were there any lasting negative feelings about this?
13. Have you ever been raped - forced to have sex against your will - where either fear or force was used - having sex without your expressed permission? (What were the circumstances and what were your feelings?) Did you have any counseling for this?
14. Were you ashamed or proud of your virginity? (Did you lie you still were when you weren't or that you weren't when you were?)
15. Did you have a "sexual reputation?" (a stud or loose woman) What were the circumstances and your feelings?
16. Are you now or have you been confused about your sexual preference? (What were the circumstances or feelings?)
17. Are you now or have you been involved in a homosexual (gay) relationship? (What were the circumstances and feelings?)
- a. Have you accepted your chosen life style?
  - b. Are you "out of the closet?"
  - c. What was the reaction of your family?
  - d. Have you pretended to be other than you are - using someone to "play straight?"
18. Are you bi-sexual? (What were the circumstances and your feelings?)
19. Have you been involved in any group sex situation? (What were your circumstances and feelings?)
20. Have you ever paid for sexual favors? (What were the circumstances and your feelings?)
21. Have you ever gone to a prostitute? (What were the circumstances and your feelings?)
22. Have you ever sold sexual favors? (What were the circumstances and your feelings?)  
Remember: this can mean giving sex as a reward for favors received - gifts, rent, paid bills, etc. - even in marriage.
23. Have you ever (in thought or deed) molested a child?

24. Have you ever exposed yourself in public? (What were the circumstances and your feelings?)
25. Have you had sex with a person of a different race than you are? (What were the circumstances and your feelings?)
26. Have you ever participated in rape - either one-on-one or in a gang rape situation? (What were your feelings?)
27. Do you ever dream or fantasize having sex with anything or anyone unusual? (family member, doctor, clergyperson, teacher, fruit, vegetable, anything inanimate)
28. Have you ever inserted anything unusual into your vagina or rectum? (Write the circumstances and your feelings.)
29. Have you ever been discovered doing anything sexual? (What were your feelings and what was your partner's reaction and also the reaction of those who caught you?)
30. Are you a window peeper? (Have you ever been caught or had a narrow escape - how did you feel?)
31. Are you an exhibitionist? (Under what circumstances and what were your feelings?)
32. Do you feel you are normal or abnormal in your sexual drive and performance?
33. Are you satisfied with your body? (If not, describe and your feelings about same.)
34. Have you been involved in mate-swapping? (Write the circumstances and your feelings.)
35. Have you ever been involved in any of the following:
  - a. Bondage
  - b. Masochism
  - c. Sadism
  - d. Sodomy
  - e. Enemas for sex
  - f. Pornography
36. Have you had or do you have a sexually transmitted disease? (Write about the circumstances and your feelings.) (herpes, VD, AIDS)
37. Have you been unfaithful sexually in a marriage or committed relationship? (Explain in detail how it made you feel, were others hurt, did it become discovered, etc.)

38. Do you have problems with being monogamous in a relationship? (List all your extra affairs.)
39. Did your spouse or partner know of these affairs? (What was his/her reaction and how did you feel?)
40. If your spouse or partner didn't find out - how did you feel about yourself anyway?
41. Have you continued to have sex with an ex-spouse after the divorce? (Circumstances and feelings.)
42. Has your self-seeking and unreasonable demands for sex hurt others?
  - a. Have you been in an affair with a married person?
  - b. Has your demands caused broken marriages, relationships or broken families?
  - c. Do you have any illegitimate children?
  - d. Did you spoil your own marriage or relationship?
  - e. Did you spoil your reputation in the community?
43. Have you stayed in a bad marriage or relationship for the sex only?
44. Are you addicted to pornography?
  - a. Have you posed for pornography?
  - b. Do you frequent stores where pornography is sold?
  - c. How does looking at it make you feel?
45. Are you afraid of losing your sex drive or ability due age, health problems, etc.?
46. Are you obsessed with your appearance in order to have sex appeal?
47. Have you had sex with someone else in the recovery program?
  - a. Was it your sponsor or pigeon?
  - b. Did it cause any problems with your group?
  - c. How do you feel about it?
48. Do you have any sex dreams that bother you? (Write any details and your feelings.)
49. How do you react to frustration in sexual matters?
  - a. Do you become depressed?
  - b. Do you become vengeful?
  - c. Do you take out your feelings on others?

- d. Do you use this as justification for promiscuity?
50. Do you do things that destroy your self-esteem in order to have a brief moment of "feeling loved?" (Write the circumstances and your feelings.)
  51. Are you sterilized? (Write circumstances and your feelings.)
  52. Do you use sex as a punishment or reward?
  53. Were you sterile from birth or have you chosen to remain childless? (Write circumstances and your feelings.) (Do you feel less sexual because of this?)
  54. Are you frigid or afraid of sex? (Circumstances and feelings.)
  55. Is your sex life and attitude mature today?
    - a. Are you careless of your partner's feelings?
    - b. Do you use sex to build your ego?
    - c. Are you afraid of sexual rejection?
  56. What do you consider a healthy sex life?
  57. Have you gained weight or dressed unbecomingly to escape participation in sex?
  58. Do you avoid having sex with your partner? (Write circumstances and feelings.)
  59. Do you participate in sex for fear of losing your partner or the fear he/she will go elsewhere for sex?
  60. Is PMS (women) or Male Menopause (men) a problem for you?
  61. Can you communicate and discuss sex openly with your partner?
  62. List any other circumstances and feelings about your sex life that you have not covered to this point.

## **YOUR ADULTHOOD**

### **EDUCATION:**

1. Did you go to a college or trade school and graduate?
2. Did you go to the school of your choice?
3. Are you satisfied with your level of education?
4. Were you in a fraternity or sorority? (Was it the one you wanted?)
5. Did you have any problems with instructors or grades or any kind of discipline problems?
6. What was your major and are you happy with it?
7. Did you fail any course(s)? (Circumstances and feelings.)
8. Describe your social life in school?
9. Who paid for your education?
10. Did you drop out of school?

### **LEGAL:**

1. Have you ever been arrested? (Circumstances and your feelings.)
  - a. Were you jailed?
  - b. Were you convicted?
  - c. Did you have to "do time?"
  - d. What are your feelings now?
2. Have you ever been in an accident where there was loss of life or considerable personal injury or property damage and you were the one responsible? (How did you feel?)
3. Have you been the victim of an accident where there was a lot of personal injury or property damage? (How did you feel?)
4. Have you been the victim of any type crime? (Circumstances and your feelings.)
5. Have you ever used violence against another person? (How did this make you feel?)

6. Have you ever lost control of your anger? (What form did it take and what were your feelings then and later?)
7. Have you ever faked an injury or loss from theft to collect from an insurance company or participate in a fraud of any kind?
8. Have you lied to protect someone else? (How did it make you feel? Write the circumstances.)
9. Have you allowed someone else to take the blame for something you did? (How did this make you feel and have you made an amends?)

**EMPLOYMENT:**

1. Have you ever been fired from a job? (How did you feel and what were the circumstances?)
2. Do you resent any of the bosses that you've had?
3. Write down any resentments and/or fears regarding the jobs you've had.
4. Were you ever passed over for promotion or received a demotion?
5. List the jobs you've had and how long you worked at each one and the reason you left each one.
6. Do you have a pattern of running from work? (Are you lazy?)
7. Have you quit jobs without giving notice? (Under what circumstances?)
8. Have you been dishonest and a thief on the job? (padded expense accounts, scrounging office supplies, late for work, long lunch hours, leaving early, not clocking in or out, etc.)
9. If self-employed, how do you treat those who work for you? (abusive verbally, low pay, overbearing, fair, etc.)
10. Are you doing work you like or are you frustrated because you aren't doing the kind of job you want?
11. Are you in a family business by choice or necessity?
12. Do you have a sense of accomplishment from doing your job?
13. Are you a competent hard-working employee? (Are you good at your job?)

14. Has your company's reputation been damaged by the inferior quality of your work?
15. Have you lied to sell something or deliberately hidden its faults in order to sell it?
16. Have you knowingly swindled people or your employer?
17. Are you the kind of employee you'd like to have?

### **RELATIONSHIPS:**

1. Have you tried to hold on to an old relationship for fear of being alone? (Write circumstances and feelings.)
2. If single, do you date? (Write circumstances and feelings.)
3. Do you wish you'd married one of the people from your school days?
4. List anything that you'd like to change, if you could, about your family members or relationship partners.
5. Do you have any negative feelings today about the following:
  - a. Your mother
  - b. Your father
  - c. Brothers/sisters
  - d. Spouse/ex-spouse
  - e. Boyfriends/girlfriends
  - f. Children
6. Is your family close today? (Do you exchange letters, calls, cards, etc. and see one another as often as reasonable?)
7. Do you feel you are a caring partner in your relationships?
8. Do you feel your family interferes in your personal life or your business too much?
9. What do you do to get your way?
10. What do you do when you don't get your way?
11. Do you live off your parents or other family members?

12. Do you keep accepting money and gifts from loved ones that you should be providing yourself but are too lazy or insecure to find gainful employment?
13. Do you feel no one understands, loves you, or cares about you?
14. Do you support your family (spouse and children) as well as you can?
15. Do you pay child support as ordered by the court (if divorced) in a timely fashion?
16. Do you visit your children (if divorced) and spend quality time with them?
17. Are you a good friend, or do you use people to your own advantage?
18. Are you afraid of rejection?
19. Do you reject others first when you feel you are about to be rejected?
- 19a. Do you reject others when you feel you are about to be loved?
20. How is your marriage or "love" relationship? (Would you marry your spouse again if you were perfectly free with no obligations?) (If not, why not?)
21. Do you feel your spouse would marry you again under the same set of conditions?
22. Would you still have had children or not have had children whichever is the case?
23. What, if anything, would you like to change about your spouse or relationship?
24. How is the relationship with in-laws? (What are your feelings?)
25. Your Children:
  - a. Did you want them?
  - b. Did you have to get married because of them?
  - c. Do you blame the child for your mistakes?
  - d. Which child is your favorite?
  - e. What child is your scapegoat?
  - f. What would you change about them if you could?
26. Have you abused your children in any way? (physically, emotionally, verbally or sexually)
27. Your Step-Children:
  - a. How do you feel about them?

- b. Do you feel they come between you and your spouse?
  - c. Are you a good step-parent?
  - d. Do you treat them any differently than your own children?
28. Did your spouse ever have an affair that you are aware of and have you been able to forgive him/her and put it in the past?
  29. Are you having an affair at present? (Do you fantasize having an affair with someone?)
  30. What was your courtship and marriage like?
  31. Was your honeymoon pleasant - what are your memories?
  32. Have you ever had to live with either set of parents for a time and if so, do you have any bad memories from this?
  33. Do any of the places you've lived as a couple bring any bad memories or feelings to you?
  34. Do you resent the responsibilities of marriage?
  35. Who dominates in the marriage or relationship?
  36. How many times have you married?
  37. How many times have you been divorced?
  38. Were there any similarities in either of your marriages or marriage partners?
  39. Were you and your spouse ever separated? (Who initiated the separation and how long did it last?)
  40. Are you reconciled from your separation now?
  41. Were you ever separated from your spouse or family due to a job (traveling in sales, the military, etc.) and how did you feel about this?
  42. Do you do your share of responsibilities around the home?
  43. Do you do your share of responsibilities with the children?
  44. Has the time spent on your recovery caused you to neglect your spouse or family?
  45. Do you allow your spouse or family to talk you out of going to your meetings?

46. If divorced or separated, do you allow your children to blackmail you and your ex-spouse?
47. Do you badmouth your ex-spouse to the kids? Does your ex-spouse badmouth you to the kids? (What are your feelings?)
48. Have you ever abused your spouse or children physically, emotionally or verbally? (How did it make you feel?)
49. Have you ever been abused by your spouse or children physically, emotionally or verbally? (How did it make you feel?)
50. Have you ever pressed charges against your spouse for abusing you? (Circumstances and feelings.)
51. Can you discuss problems openly with your spouse? (How is your communication?)
52. Do you take time to be with your spouse?
53. Do you take time to be with your children?
54. Do you take time just for yourself?
55. Do you take time to play?
  
56. If divorced:
  - a. Have you accepted it?
  - b. Do you still see your ex-spouse?
  - c. Do you continue to have sex with your ex-spouse?
  - d. Do you have any resentments about the divorce?
  - e. Do you have any custody problems?
  - f. Did a third person cause the break-up?
  - g. Have you forgiven your ex-spouse/and or another for the end of your marriage?
  - h. Have you forgiven yourself for your part?
  - i. Do you have any support or child-support problems?
  - j. Are you trying to "hang-on" to a dead relationship?
  
57. If widowed:
  - a. Have you accepted it?
  - b. Have you gone through the grief process?
  - c. Have you tried to go on with your life or is it on hold?

- d. Have you forgiven your loved one for dying?
- e. Did you blame God?
- f. Are you okay, physically, spiritually, emotionally, and financially?

- 58. Do you play unhealthy mental games in your relationships?
- 59. Which of your personal relationships bring continuous or recurring problems? (Which of your instincts are threatened?)
- 60. What is love to you? Can you love?
- 60a. Can you accept love and how do you accept love?

**IN GENERAL:**

- 1. When you get ill, do you use sickness to get attention, sympathy or as an escape from something you don't want to do?
- 2. When you are sick, do you exaggerate the illness, injury, etc. in order to get more attention?
- 3. If revenge were possible right now, who would be the people on your "hit list" and why?
- 3a. Or, list all people you feel did or have done an injustice to you, what they did, and what you feel justice would be for their actions.
- 4. Are you proud or ashamed of your blood heritage? (Indian, Irish, German, English, Jewish, Polish, Black, Italian, Chinese, Vietnamese, etc.)
- 5. Were you encouraged to develop your talents or were you put down?
- 6. Have you been praised for your success or belittled because of your lack of success?
- 7. Were you pressured to succeed?
- 8. Have you abused alcohol or prescription medicine? (Write the circumstances and feelings.)
- 9. Have you used pot or cocaine or any other illegal drug? (Write circumstances and feelings.)
- 10. Have you ever dealt in drugs? (Write circumstances and feelings.)
- 11. Do you have any unusual traits of personal cleanliness or lack of personal cleanliness that would destroy you if others knew?
- 12. Do you dress to enhance your sexuality?

13. Do you dress in a way to get rejection from others?
14. Are you a tightwad?
15. Do you "bum" or "mooch" things from others?
16. Do you try to buy and control people through gifts?
17. Do you take all the "sweet and low", sugar packets, etc., from restaurants instead of using just what you need at the time?
18. Can you manage a checking account or do you write hot checks?
19. Can you manage credit cards or do you abuse them?
20. Are you often late for meetings or appointments?
21. Do you cause others to be late while waiting on you? Is this your subconscious way of controlling others?
22. Are you a procrastinator? (How does this make you feel?)
23. Are you an "early bird" and thus intolerant of those who are late?
24. Do you feel attractive or ugly?
25. What is your best and least favorite points physically?
26. Can you accept the reality of aging or do you try to look and act younger than you are? (Do wrinkles and gray hair bother you?)
27. Do you play down your strong points through false humility?
28. When complimented, can you say, "thank you" and nothing more?
29. Do you stand by your word? (Are you reliable?)
30. Do you gossip and perform character assassination on others?
31. Do you feel superior to the ones you gossip about?
32. Have you ever been the victim of gossip and how did it make you feel?

33. Do you judge your insides by what you see on others' outsides?
34. Are laws made for others and not for you? (Do you speed, disregard parking limitations, drink and drive, etc.?)
35. Have you ever overspent deliberately while planning to file bankruptcy?
36. Have you raided bank accounts and savings to put money into the names of others to avoid having to give this up?
37. Are you a good friend or do you use people to your advantage?
38. Are you close-minded to new ideas?
39. When people disagree with your ideas or opinions, do you feel personally rejected?
40. Do you live in the present rather than the past or the future?
41. Are you prone to argue? Is it necessary for you to be right?
42. Are you a complainer, a whiner, a biter, or a poor pitiful wretch?
43. What do you worry the most about. List your fears.
44. What bigotries and prejudices have you had or do you still have?
45. Do you smoke? Do you wish you didn't? Have you tried to quit? (Write circumstances and feelings.)
46. Do you accept your own addiction to cigarettes?
47. How do you feel about non-smokers and ex-smokers?
48. If you don't smoke, how do you feel about smokers?
49. Do you fear death - your own or someone else's?
50. Have you been deeply affected by the death of someone close to you? (Circumstances and feelings.)
51. Have you ever killed anyone - accidentally or deliberately? (wars, wrecks, etc.)

52. If a veteran of any war (Korean, Vietnam, Iraq, Kuwait, Bosnia, Afghanistan) do you have any lasting negative feelings about that war or the American people's reaction that you haven't overcome? (Have you had counseling?)
53. Are you, or have you been, the spouse or family member of a veteran from any war? If so, did their experience, your experience while they were away at war, or its aftermath have a lasting negative effect on your life?
54. Are you a compulsive talker? (Do you allow others to talk, do you listen to others, do you hear what they say or are you thinking of your rebuttal?)
55. Are you a compulsive spender? (Do you restrain yourself to later go on a spree; do you feel you need or deserve the things that you buy at the time, but later wish you had not bought them or find you have no use for them?)
56. Are you a compulsive eater? (Does your weight or eating habits upset you or others and how do others react to your eating?)
57. Are you a compulsive gambler? (Have you penalized your family or self by gambling money needed for living expenses or used moneys that were not yours with which to gamble?)
58. List all adult thefts:
  - a. Were you caught?
  - b. How did you feel?
  - c. Were you punished?
  - d. Did you feel guilt?
59. What kinds of things make you feel greedy, envious, jealous or angry?
60. Are you financially extravagant? (Do you always have to have the best?)
61. Are you materialistic? (How important are your things to you?)
62. Which of your character defects has contributed to your own financial insecurity and instability?
63. Do you recklessly borrow money caring little if it is repaid or not?
64. If you repay borrowed money, is it done promptly or drag out over a long period of time?
65. Do you need to play the "Big Shot" - are you an egomaniac?

66. Do you have any obsessions that you are aware of today?
67. What kinds of things do you lie about?
68. Do you feel you have to prove you're worthy of love (love from people as well as God)?
69. Can you love "with an open hand?"
70. List any feelings of superiority or inferiority that you have?
71. Can you adjust your conduct to accept conditions that you cannot change and shape your life to conditions as they are?
72. Have you ever black-mailed someone to get your way or for money?
73. Are you a perfectionist?
74. How is your self-esteem?
75. Have you ever tried to commit suicide or thought about committing suicide?  
What if any counseling or help did you get regarding this? How do you feel today about having done this.
76. List every act you swore you would take to the grave disclosing to no one. Be open and honest. Remember: you're only as sick as the secrets you keep.

### **ALCOHOLISM - THE FAMILY DISEASE**

1. Do you drink or use drugs yourself? (Write the circumstances and feelings.)
2. Are you a social drinker?
3. Is alcohol or drugs a problem in your life? (your own use or the use of someone else)
4. Do you sometimes wonder if you are an alcoholic yourself?
5. When did someone else's alcohol abuse or addiction become a problem for you?
6. How were you affected and how did it make you feel?
7. When did you become obsessed with the alcoholic?

8. Are you still allowing this obsession to control your life and destroy your peace of mind?
9. Did you nag or try to confront the drinker with "his/her" problem? (What were the results and your feelings?)
10. Did you try to follow or chase the alcoholic down and "talk sense" to him/her? (How did you feel after one of these episodes?)
11. How long were you into denial about the alcoholism of a loved one?
12. How long were you into denial about your part in the disease of alcoholism?
13. Do you resent the fact your loved one is an alcoholic?
14. Do you recognize and accept that alcoholism is a disease?
15. Was physical violence or verbal abuse (yours or the alcoholics) a part of the disease in your experience?
16. How were your children affected by your reactions to the disease of alcoholism?
17. How big a part does justification and rationalization play in your sickness?
18. Was financial hardship a problem during the drinking and if so, how did it affect your life?
19. What did the alcoholic do drinking that hurt you the most?
20. What did you do to hurt the alcoholic in retaliation?
21. If your loved one is in recovery, how did you feel about it at first? Now?
22. How do you feel about the amount of time your loved one needs to go to meetings, visit with a sponsor, etc.?
23. Are you committed to your own recovery in the Al-Anon program?
24. Do you resent having to be in a program of recovery for your own disease?
25. Were your problems solved by the alcoholic's getting help for the drinking problem?
26. Do you fear that since your loved one is sober that he/she won't need or want you anymore?
27. Have you allowed and encouraged the alcoholic to become overly-dependent upon you?

28. Are you overly-dependent upon the alcoholic?
29. Can you begin to trust the alcoholic again?
30. Can you forgive the alcoholic for being a sick person?
31. Are you active in your own recovery?
32. Do you have a sponsor and is the sponsorship working for you?
33. Was infidelity a problem during the drinking? (yours or your spouses)
34. How do you feel about the infidelity now?
35. Are you afraid that your loved one will go back to drinking?
36. What are your resentments from the drinking?
37. What are your fears from the drinking?
38. Did you force your loved one into treatment for his/her disease? (Did it help and what was the alcoholic's attitude?)
39. Is your loved one outgrowing you in the program of recovery?
40. Do you read and study the Big Book and the AA *Twelve and Twelve* to understand alcoholism as well as your disease?
41. Do you have any guilt for past bad behaviors?
42. Did you abuse your children while in an emotional state of frustration regarding the alcoholic and his behavior?
43. Are you making Alateen available for your children's recovery from the family disease?
44. Have you allowed your children to manipulate you through your guilt regarding past behaviors on your part?
45. Can you share your feelings and become vulnerable with the alcoholic?
46. List the things you did intentionally to hurt, shame, or manipulate the alcoholic?
47. Do you use sarcasm and ridicule to lash out when you are hurting?

## **YOUR HIGHER POWER CONCEPT**

1. Describe your mental picture of God when you were a child?
2. Describe your mental picture of God now?
3. Were you exposed to organized religion as a child?
4. Were you forced to attend church? (How did you feel about this?)
5. Were you taught about a loving God or a punishing God?
6. What qualities does the "God of your understanding" today have?
7. If you were raised with church as a part of your life, do you attend church now?
8. Has any clergy member hurt you? (Describe circumstances and your feelings.)
9. Has any other church official (Sunday School teacher, leader, choir director, nun, etc.) hurt you in some way?
10. Have you had any bad experiences with a "religious" person?
11. Is the Higher Power of your program the same as the God in your church?
12. Do you prefer not to be a part of organized religion?
13. Do you feel spiritually superior or inferior to anyone?
14. Were you married in a church? (How did you feel about it?)
15. Were your parents members of organized religion? Were they of the same one or different ones?
16. Do you try to convert others to your Higher Power concept or do you allow others to have a God of their own understanding?
17. If you prefer not to be a part of organized religion, do you go around badmouthing religion or religious people?
18. Have you blamed God for your pain and disappointments?
19. Is there some tragedy in your life that you've blamed God for and can't forgive?

20. Are you afraid God will judge you and damn you because of some of your actions?
21. Did you go to a church school? (Any resentments, fear, or bad feelings still connected with this?)
22. Did a person connected with a church ever make any sexual advances toward you? (circumstances and your feelings)
23. Were you ever attracted sexually to a church official? (Circumstances and feelings.)
24. Can you believe that God cares for you and that you're a child of God?
25. Are you willing to broaden your concept of "God as you understand Him?"
26. Are you open-minded about spiritual things?
27. Do you have any fears regarding spirituality?
28. Do you have any prejudices about different religions?
29. What is the difference between religion and spirituality to you?
30. Do you feel that God still loves you regardless of what you've found out about you in this inventory?

**CONGRATULATIONS! YOU HAVE JUST COMPLETED A MAJOR UNDERTAKING, PERHAPS THE MOST IMPORTANT ONE OF YOUR LIFE, THUS FAR.**

**NOW PROCEED ON WITH THE FIFTH STEP AND RID YOURSELF OF ALL THIS GARBAGE YOU'VE BEEN CARRYING AROUND WITH YOU ALL YOUR LIFE AND REALIZE A CLOSENESS WITH YOUR CREATOR YOU'VE NEVER KNOWN BEFORE.**

**DO YOUR FIFTH STEP AND PUT THE PAST IN THE PAST AND GO FORTH IN LIFE WITH A FRESH START.**