

COLUMN WORK

Resentment and/or Fear: (1)	The Cause (Column 2)	Affects Our: (Column 3)
Person, Place or Thing		<input type="checkbox"/> Self-Esteem <input type="checkbox"/> Security <input type="checkbox"/> Ambitions <input type="checkbox"/> Personal Relations <input type="checkbox"/> Sex Relations <input type="checkbox"/> Pride/Shame <input type="checkbox"/> Fear
Ask Ourselves: ** (AA 67.3) * (AA 62.2)	Putting out of our mind the wrong others had done, we resolutely looked for our own mistakes... We admitted our wrongs honestly...** STEPS 4 and/or 10 - (Column 4)	
Where had I been selfish, self-centred or self-seeking?**		
Where had I been dishonest?**		
Where had I been frightened?**		
For what had I been responsible?**		
What decisions did I make based on self that later placed me in a position to be hurt?*		
When in the past did I make this decision? * (Earliest memory)		
Where was I wrong,** what was my part?		
STEPS 6 & 7 – List of Character Defects		
STEP 9 - Amends		STEP 8
		<input type="checkbox"/> Now <input type="checkbox"/> Later <input type="checkbox"/> Never

INVENTORY FORMS

Resentment and/or Fear: (1)	The Cause (Column 2)	Affects Our: (Column 3)
Person, Place or Thing		<input type="checkbox"/> Self-Esteem <input type="checkbox"/> Security <input type="checkbox"/> Ambitions <input type="checkbox"/> Personal Relations <input type="checkbox"/> Sex Relations <input type="checkbox"/> Pride/Shame <input type="checkbox"/> Fear
Ask Ourselves: ** (AA 67.3) * (AA 62.2)	Putting out of our mind the wrong others had done, we resolutely looked for our own mistakes... We admitted our wrongs honestly...** STEPS 4 and/or 10 - (Column 4)	
Where had I been selfish, self-centred or self-seeking? **		
Where had I been dishonest? **		
Where had I been frightened? **		
For what had I been responsible? **		
What decisions did I make based on self that later placed me in a position to be hurt? *		
When in the past did I make this decision? * (Earliest memory)		
Where was I wrong, ** what was my part?		
STEPS 6 & 7 – List of Character Defects		
STEP 9 - Amends		STEP 8
		<input type="checkbox"/> Now <input type="checkbox"/> Later <input type="checkbox"/> Never