

PLEASE DO NOT READ AHEAD

This outline is so long and there are so many questions, that you're sure to get discouraged if you read ahead. Just read this introduction and start writing.

You get nothing for nothing and damn little for two cents in this world. So if you put two cents into a Fourth Step, don't be surprised if you get damn little out of it. If you put a lot into it, you should get a lot out of it. This outline is designed to help you put a lot into your Step. It is not the only way to do the Step. Whatever best helps you is the way you should try to write your Step. Some people need help to suggest areas about which they should write. This outline provides that.

It consists of series of questions arranged in broad general areas. Start reading the questions. If a question or series of questions does not apply to you, do not write anything. If a question does apply, just write the number of the question (like "A6") and your answer. There is no need to write out the question at all. If a question suggests something else to you, please write the suggestion that occurs, then come back to the outline. If you have covered an event or a feeling in answering one question DO NOT write the same thing because another question covers it. Just write any new material or feelings covered by the later question. There's far more questions here than you'll need. Don't make any more work for yourself than you need. But please read each question. You may feel that none of the questions in an area apply to you (like the section on "Marriage" if you're single) but there may be a few very important side issues raised in the section. You'll waste very little time reading each question, and may open up some very important doors in doing so.

A bit of advice on how to write. The hardest way to write the Fourth is with the Fifth in mind. Write your inventory certain that no one will ever read it. That's the only way to be fully honest. As soon as you think of sharing this writing with someone, you'll start coloring what you write making yourself look far better than you are. Write what you feel. If you think someone is a son of a bitch, write it--that's what you feel. Please do not be concerned with spelling, punctuation, and grammar--no one is going to publish your work; please do not edit what you write--do not cross out anything. You might do best if you never read what you've written. Sometimes we read again and again our inventory to wallow in the slime, to punish ourselves with how bad we've been. Just read the questions, write what you feel, and go on. What you did and what you feel are the important things to cover; what others did and what you feel are the important things to write. Why you acted, what you thought--these are absolutely unimportant. Often they are headtrips which you will use to explain away bad actions. Anytime you write anything, cover what you felt when it happened and what you feel about it now. If something is very painful to

write about, include your present difficulty in your inventory; it is part of you. Don't worry about perfection; we strive for progress. In answering the questions, if you're not deliberately closed, refusing to write what you know you should, then you're "open"; if you're not deliberately dishonest, making something deliberately less bad than it was, then you're "honest"; and if you're "honest" and "open" then you're "willing". And the Step will work. "Why" you do a Step is unimportant; "how" you do it is crucial. None of us have totally good motives for anything we do. Don't wait until you feel better before you start writing. That's like a person with cancer waiting until the pain is over before submitting for surgery. It may be too late.

And finally, when you're about one-third through and see how fast you are writing, arrange the person and date for your Fifth Step. You don't want to sit on all this garbage. Nor do you want to arrange the date before you start writing: you may not be able to finish, or may have to shave what you write.

Don't do the Fourth until you take the Third--you won't be able to look at yourself without some Power taking "care" of you. But as soon as you've made your decision, the Big Book says to start writing. Some people feel their Third isn't right because they still have flaws, sins, defects. Of course--they're supposed to. That's why there are Steps Four, Five, Six, Seven, Eight, and Nine. So no excuses, no postponements. Go to the first question now, read it, break the ice and start writing.

Hope to meet you on that broad highway.

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A. YOUR FAMILY

1. Take your mother's inventory, listing as far as possible all the things that are wrong with her, all the things that you would like to change to improve her.
2. List all the things--throughout your entire life but especially in childhood--that your mother did to hurt you. List all the things for which she should make amends to you. Do NOT justify her actions--if they hurt you with or without a good reason on her part, LIST them.
3. List all the actions on your part that hurt your mother--all through your life. This should include all the things for which you will have to make amends to her. Again, do not justify. If you felt then or now that the action was wrong, list it.
4. Take your father's inventory, as you did with your mother.
5. List all the things your father did to hurt you.
6. List all the things you did to hurt your father.
7. If either parent is dead, write out your memories of walking through the illness, death, and funeral. Tell how you heard of the illness and death, how you felt at the funeral, how you feel now about your parent being dead.
8. If your parents divorced, tell how you felt about the divorce. Which parent did you blame then? Now? Did you feel responsible for the divorce?
9. If your parents divorced, or separated, with which one did you live? How did you feel about being with this parent? Did you play your parents against each other to get your way? Did you feel responsible to bring them back together? Did the parent with which you were raised want you? Did the other remember to call and visit you? How did and how do you feel about all this?
10. If you had step parents or foster parents, take the inventory of each of them. Did they resent raising you because you were not their child? If they had their own children, did they treat you differently? How did you feel about being in their home? How do you feel about them today? List all that they owe amends to you for. List all that you owe amends to them for.
11. If you were not raised by your parents for any considerable length of time, whether you remember it or know about it from others, write about the experience--and how you feel about your parents not raising you during this period. Do NOT justify.
12. If you spent some time in an orphanage or children's home,

take the inventory of the supervisors of the home and the adults directly in charge of you. Again list any hurts they did to you and the reasons for any amends you owe them.

13. Now take the inventory of every one of your brothers and sisters, living and dead. Start with the oldest and work to the youngest. Cover your entire life. For each one of them, tell what you don't like about their personality, briefly tell what they have done wrong with their lives, in detail tell any hurts they did to you that you still remember or have heard about from others, tell if they like you now and if you like them, and tell about any wrongs you ever did to them. As children, did they gang up with others against you? Did you gang up against them?

14. Now take the inventory of the spouses (present ones and those dead or divorced) of your brothers and sisters. Be brief, but be sure to include any arguments you ever had with them, any sexual advances, any injuries.

15. In a sentence or two take the inventory of your brothers or your sisters children. (Unless somehow one of them is important in your life--then go into detail.) Tell what is wrong with them--are they spoiled, brats, pansies?

16. Take the inventory of all your step-brothers and sisters, or all your half-brothers and sisters using the general outline provided above. (#13). Of course you can be very brief unless they in some way are important in your life.

17. Now take the inventory of each of your grandparents, tell how you saw them as a child. If you feared or disliked going to their home, be sure to tell why as clearly as you can. If you were raised by any of them for an important part of your life, go into greater detail on any unpleasant (fear, guilt, anger,) memories you have of this period.

18. Take your mother's family. Briefly list any negative feelings you have about any of your mother's brothers and sisters. If you did something to them or if they did something to you, write it out. Then cover their wives or husbands in the same way. Finally do the same for their children. Of course you'll write very briefly about them--unless they are important in your life, then give them the detail they deserve.

19. Now do the same for your father's family.

20. Are there any uncovered areas that deal with your family? Write them out now.

21. Is your family close today? Do you exchange presents, calls? Do you get together? How do you feel about this? Do you miss closer family ties? Do you feel your family interferes too much in your business?

22. Are you proud of your family blood? Are you proud or ashamed of your racial makeup? (Proud you're all or part Indian, Irish, German, Jewish). Do you blame your parents for what you're not proud of--for making you Polish, Catholic, Black?

23. Were you ashamed to bring friends into your home? Why? Were you ashamed of the way either of your parents looked, spoke, dressed, acted?

24. Did your parents encourage you to develop your talents? Did they discourage you by putting you down or surrounding you with fears? Are they proud of your success? Do they belittle it? Do they pressure you to succeed to overcome their feelings of failure? Are they proud of your sobriety?

B. YOUR CHILDHOOD

1. If the way your parents got along with their parents, (your grandparents) affected you at birth (or at any time of your life) write it out.

2. Did your parents want you? Write what you feel--now and back as a child? Were you ever sure you were adopted? Did your parents have to get married because of you?

3. Are you illegitimate? How do you feel about this?

4. Are you adopted? How do you feel about this? Do you know your real parents? If so, what do you feel about them? If not, what do you dream about your parents? Do you want to know them? How do you feel about being given up? Do you find it harder to judge your adopted parents because you don't really belong to them and so can't be critical? Do you wish someone else had adopted you?

5. Favorites: Who was your mother's? Your father's? Were you jealous? If you were for either or both was this hard to live up to? Did you slave to earn the love?

6. If you're an only child: Did you wish for brothers and sisters? Did your parents make too heavy demands on you because you were alone?

7. Write out any significant circumstances that affected your family when you were born: where your parents worked, health problems. Were your parents too young or too old to suit you? Did this make you angry?

8. What did you envy in the families of your friends? Their parents? Their sisters or brothers? Their homes? Their neighborhoods? These things are clues to what you were ashamed of in your family.

9. What did you feel then and now your family thought of you? Did your mother ever tell you she loved you? Was proud of you? Did she cuddle you? Was she open in showing physical love? (Don't be general--if you have no clear memory, the answer is no.) Now tell what you felt about your mother loving and being proud of you. Do the same for your father.

10. When you were a child did either of your parents undergo major surgery? Write this even if you don't remember it but was told about it by others. If you remember, tell what you felt. Fear? Guilt? Anger? Who took care of you?

11. Was either parent jailed? Did either parent do time in a penitentiary? Have you hidden this from others? Did others insult you about it? (Especially as a child when other children in their taunting can be so cruel). How do you feel about it

now?

12. Was either parent ever in a mental hospital? For what? Apply all the above (#11) questions here. Are you afraid that you too will one day be mentally insane? Were you ever afraid of this? Do you see any signs of your parent's illness in you?

13. Did any member of your family commit suicide? Has this made you afraid that you will? Do you resent the person--for escaping problems you must face? If you saw the person, write this out in complete detail.

14. Did you resent deeply the birth of any of your brothers or sisters? Did you do cruel things to them when they were babies and couldn't tell anyone?

15. Were you separated from any important member of your family? Were they separated from the family? How did you feel about this?

16. Was anyone in the family handicapped physically or emotionally in a way that caused them to receive most of the attention of your parents? How did you react to this? How did you feel about it?

17. What fears did your parents or others put in you? The boogeyman? The dark? Other races? The Devil?

18. Who punished you in your family? Was the punishment ever too severe? If so list any and all beatings that remain in your memory. Were you ever punished unfairly? Do you still hurt about this? Do you still resent the person who did what you were blamed for?

19. Were you ever molested by your parents sexually? Your grandparents? Neighbors? Uncles or aunts? Brothers or sisters? In-laws? List each instance. What did you feel? What did you do? What happened?

20. What was--and is--the atmosphere of your home? Was it happy? Filled with arguing? Threats of divorce, so insecure? Depressed? Was there no atmosphere of belonging at all? How did you feel about this?

21. Did any relative live with you for a period of time? Did you resent the intrusion?

22. Were there any complications in your mother's pregnancy with you? Your birth? Did you have any childhood health problems? List them and tell how they affected your life then and later. How do you feel about them today?

23. Did either of your parents ever curse you? If so list the specific curses you remember. Did you curse them? List the

curses. Did either parent ever say they were sorry they had you? They wished they didn't? Did other members of your family say this to you? Did your parents try to or want to abort you? Who told you? Do you feel they should have told you?

24. List any childhood fears you remember. Were any severe? Dark? Storms? Spiders?

25. Did you have recurring nightmares as a child? Summarize them. Do you still remember any childhood nightmare?

26. How did you react to the punishment used by your parents? Did you cry? Or refuse to give in? Would you admit you did something you didn't to stop the pain?

27. Did you look for "negative strokes"--get into the habit of causing trouble so you could get attention at home? Or later in school?

28. Did your parents have a good marriage? What did you feel then? Has it gotten better or worse with age?

29. When your parents fought, how did you feel? Who did you blame? Did you ever take sides? Did you use their fighting to get your way?

30. Did you want your parents to divorce? Did you try to pressure one to divorce? How do you feel about that now?

31. If both your parents didn't belong to the same religion, how did you feel about this? If your parents never went to church, did you ever fear they would be damned?

32. When's the first time you remember stealing from your parents? List your childhood thefts from your family, your classmates, your friends, your shoplifting. Did you ever get caught? How were you made to feel?

33. Did you fight physically with members of your family? Did you ever hurt them? Did they ever hurt you? Did you fight verbally? Did you ever hit either of your parents? Any of your grandparents? Write out the scene as you remember it. Could you show anger in your family? Could you rebel or were you crushed into submission and being good?

34. Do you like your name? Do you like the person you're named after? Did you ever have a nickname that hurt? What was it? Why did it hurt? Does it still?

35. List your childhood history: where you were born and all the moves your family made. Give your feelings then--and now--about the specific homes and neighborhoods and cities you remember. Did you have your own room? Were you ashamed of your home? Room? Neighborhood?

36. Recall the moves your family made. Did you hurt at losing friends? How did you feel moving into a new neighborhood? Class? Did it make you shy? An extrovert? If your family moved very often did you become afraid to make deep friends? Are you still?

37. Did you have chores? Do you feel you had a fair share or too many? Did you do them well? Were you praised or criticized? Can you work under supervision today?

38. Did your parents like your friends? Did your friends like your parents?

39. Were your parents pleased with your sex or did they want the other sex when you were born? Did they give you a name that suggested this? Did they dress you like the other sex? Do you have any trouble with your sexual identification? Are you proud of your sex?

40. What kind of language was used in your home? Grammar? Did it shame you? Do you use the same today in your home?

41. Were you a bed wetter? Do you ever remember wetting the bed? Even as an adult from drinking. Did you ever wet yourself? Did you ever soil yourself--crap in your bed or pants that you remember?

42. As a child could you use your home or was it more as clean as a museum? Could you play and get dirty? Can you stand being dirty today?

43. As a child were you embarrassed about anything in your dress? Your looks? What made you different from your friends? How did you feel about this? Were you fat, tall, deaf, blind, awkward?

44. Did you ever set anything on fire? Deliberately?

45. Do you ever remember breaking anything important?

46. Did you hurt someone and cause them to get stitches? Lose an eye?

47. Did you have any mean or lousy neighbors?

48. Did you get into any vandalism? What did you do?

49. Did you break and enter? How did you feel? Did you get caught?

50. Were you a leader or a follower in your neighborhood? Did you feel a part of your gang?

C. RELIGION

1. What do you NOW think or organized religion? Is there any Church or Churches that you particularly dislike?

2. As a child, what Church did your parents belong to? What do you feel about that Church (or those Churches) now?

3. Did any priest or minister hurt you in any way? How? List each and every clergyman you resent with the reason or reasons. Do the same for any other Church official: Sunday School Teacher, Youth leader, Choir Master.

4. Describe the picture of God which you received as a child. Would you want to be this type of person?

5. According to the teachings given you as a child, list some of the things for which God sends people to Hell. Would you send your mother (or your daughter?) to Hell to suffer forever for doing these things? What does this tell you about your God?

6. How often were you sent to Church as a child? How did you feel while there? When did you start skipping Church services?

When did you stop going? Did you get caught? What happened?

7. Did any priest or minister ever comment on your drinking? What did you feel then? What do you feel now about their efforts to help?

8. How do you feel about the efforts of other Churches to influence your life? Like the efforts to outlaw gambling, drinking, dancing. The efforts to have the state pay for religious education.

9. Were you married in Church? Yours? How did you feel about the clergyman? The ceremony?

10. Were your parents buried by a clergyman? Was he personal? Was the service adequate?

11. What Churches did you join on your own? Do you hold any resentment about these Churches? Why?

12. Are you attending Church now? Do you feel guilty if you're not? Do you feel comfortable if you are--is the God of your Church as good as the God of the Program?

13. If you believe in God, do you become angry when people attack God, Church, or clergymen in A.A.? Do you become angry when people refer to things as their Higher Power? Do you try to argue people into believing in God?

14. If you don't believe in God do you become angry with those

who believe and talk about their beliefs? Do you feel superior to those who believe?

15. If you don't attend Church, are you hurting your children by making it more difficult for them to be introduced to a loving God?

16. Have you blamed God for all the pain that brought you to the program? Have you forgiven him for all this pain? Is there some tragedy for which you still can't forgive Him? Are you willing?

17. Were you ever taught by nuns? Do they scare you? Did they? Are there any you still resent?

18. Did any Church official ever make sexual advances towards you? How do you feel about this today?

19. Have you ever hated God? Cursed Him? Why? Have you ever been sure He would damn you? How do you feel about Him now?

D. KINDERGARTEN AND EARLY SCHOOL

1. If you have not graduated from High School, are you ashamed of your lack of education? Why did you quit school? Who do you blame today for this?

2. Were you a good student? Were your grades good? Did you cause trouble in school? If your behavior in school changed after a certain grade, try to recall what happened in your life around this time: puberty, family problems, a new baby, a family move.

3. Do you remember starting kindergarten? First grade? Are your memories unpleasant?

4. In kindergarten and grades one through six: were there any teachers you disliked? Why? Do you still carry a resentment? Were you ever publicly punished? How and for what? Was it fair? Were you ever publicly shamed or corrected or insulted by a teacher? How did, and do, you feel about this? Did any teacher ever correct you privately? Punish you privately?

5. Were you ever suspended? For what? How did you feel? How did your parents react? Were you ever expelled? Why? How did you and your parents react?

6. Were you popular in your class? Were you ever elected to a class office?

7. Were you often in fights with other students? List all the fights you remember with people outside your family. (All through your life, including when drinking.) Did you ever back down from a fight? Were you publicly shamed? Are you still ashamed? Did you ever fight unfairly? Are you ashamed of this now? Did the others fight unfairly? Do you still resent them for this? Did you ever physically scar someone in fighting?

8. Were you popular in athletics? Were you picked first or last?

9. Were you a teacher's pet? Did others dislike you for this?

10. Did you cheat? Did you ever get caught?

11. Did you ever get an unfair grade? Are you still bitter about this?

12. Did you do any vandalism to school property? To the property of others?

E. YOUR SEXUAL LIFE

1. Did you ever have any sexual experience of any kind with an animal? Even as a child experimenting with having a dog or cat lick your sexual zones? List the different kinds of animals and any circumstances that are important.

2. Did you ever have any sexual relations of any kind with any member of your family other than your husband or wife? Parents? Brothers and sisters? In-laws? Grandparents? Uncles and aunts? Kissing cousins? Even if the experience happened when you were young and wasn't openly sexual but you just "felt wrong" and wanted to avoid the person in the future, write about it. Tell what was done--be brief--and with whom. Do you still see this person at family gatherings? How do you feel about him or her?

3. Did you ever have any sexual experiences of any kind with someone of your sex? Were you ever in a "circle jerk?" Did you masturbate together? Each other? Did you ever give oral sex to your sex? Receive it? Did you ever give anal (rectum) sex to your sex? Receive it? Tell about your feelings the first time and any other significant time. Are you still involved in a gay relationship? Did you tend to seek out a gay when you were very drunk? Do you hate gays? Did you ever look for one to beat him up? Are you a switch hitter? Which sex do you prefer? Are you confused?

4. Are you gay? Are you afraid that you're gay? When you masturbate do you use male or female dreams to excite yourself? If both, which more often? Are your sex dreams about men or women? If both which more often? Have you ever brought anyone out? What do you feel about the person who brought you out? Are you content with being gay? Are you too effeminate (guys)? masculine (women)? Are you afraid of being discovered? Have you tried to make yourself straight? Have you used another person, dating them, to make others think you were normal? Do you prefer young people of your sex? Have you had to pay for sex? Do you want a lover or want to have sex with a different person every night? What would you say about a straight person who had sex with the opposite sex as often as and with as many people as you have sex?

5. Have you ever worked as a prostitute? How do you feel about these experiences? Have you ever had sex for dope? For drinks? For some favor? Have you lived with someone, giving them sex, so they would pay the bills? Do you see this as a form of prostitution?

6. Have you ever gone to a prostitute? Have you ever bought sex with dope, or money, or gifts? Isn't this a blow to your ego?

7. Have you ever had sex with people of different races? Which ones? How did you feel about this?

8. Are the people with whom you prefer to have sex younger or older than you at the time? The youngest? Have you ever molested a child? Wanted to?

9. Have you raped anyone--including your wife if fear and force were used?

10. Did you ever dream sex with any unusual person? Family member? Doctor? Clergyman? Teacher?

11. Have you ever inserted anything in your rectum? Anything very unusual? List the more embarrassing items. Do the same for anything but a vibrator inserted in your vagina.

12. Have you ever been discovered by anyone while you were doing anything sexual? Your parents when you were masturbating? Your husband or wife when you were masturbating? When you were cheating on them? Your children? How did you feel? How did the other person accept this?

13. Have you ever discovered anyone doing anything sexual? Especially your parents? Did you hear them? How did you react? How did they react? Your children masturbating? Having intercourse? Do you feel you handled it well? Did you hurt them?

14. Do you feel your sex drives are below, average, or above? Do you believe your sexual performance is below, average, above? Do you believe people really have sex as often as they brag? Do you envy them or pity them? Do you think people really do the things they say and that books write about? Do you feel satisfied, proud, or ashamed of the size and shape of your organs?

15. As a woman, have you ever climaxed? When and with whom? Sober? Drunk? Pilled out? If you usually don't do you feel to blame? Or do you blame the man? If you usually don't do you use this to put the man down by telling him about it? Or do you act and pretend that you have climaxed?

16. As a man do you bring women to sexual climax? Or do you climax too soon and so leave the woman frustrated? Are you capable of multiple climaxes?

17. Are you a window peeper? Have you ever been caught? Any narrow escapes?

18. Are you an exhibitionist--do you like to expose yourself naked before others? Have you ever been caught? Any narrow escapes? Do you enjoy undressing with the shades up in your rooms?

19. Are you comfortable walking around nude? Did your parents

do it? Did you ever catch them nude? How did they react? How did you react to your children catching you?

20. At what age did you start masturbating? How often did you do it at your most frequent? How did you feel? Ashamed? Guilty? How did you feel about masturbating once you got married? Have you used masturbating to avoid sex with your husband or wife? Are you comfortable with masturbating now?

21. Have you ever had group sex? (Sex with more than two people)? How do you feel about that experience now? Then? Have you ever been involved with wife or partner swapping? How did you feel about the experience?

22. Men: Have you ever been involved with wearing a woman's clothing for sexual reasons? Have you ever masturbated because of wearing women's clothing?

23. Women: How do you feel about your period? Were you prepared for your first one? Was it deeply upsetting? If you've had a hysterectomy, do you feel like a woman still? Has it affected your husband? Has it affected your sex relations? If you've had a breast removed, how do you feel about this? How does your husband react to this?

24. Have you ever been involved in any of the less usual sexual experiences: bondage, masochism, sadism, enemas for sex or any others? Alone? In thoughts? In actions? With others?

25. Men: Have you ever failed to perform? Have you ever been unable to get an erection? How did you feel?

26. Now briefly go through you sex history. With whom did you first have full sex? How did you feel? Were there any occasions before this when you almost went all the way that are important? Were you a virgin when married? List the people with whom you had sex before marriage. Give any significant details about any of them that should be mentioned--like they were going with your best friend, they were a virgin, you deceived them and dropped them, or they did this to you, they were married.

27. How long into the marriage were you first unfaithful? List all the affairs you had. Were they better sexually? List any important circumstances about the other people: boss, employee, neighbor, relative.

28. If divorced, did you have sex with your husband or wife after you decided to divorce? Since the divorce? Since your marriage to someone new? Was the sex better than it was when you were married?

29. Does your husband or wife know about any of your affairs? All of them? Do you know about any of his or hers? Do you

suspect any?

30. Has your selfish seeking of sex hurt others? Broken families? Affected children? Do you have any illegitimate children? Have you had abortions? Have you helped others to get them? Write your feelings about each of these if they apply.

31. Are you addicted to pornography? Did you ever pose for porno? Did you ever take a pornographic picture? How do you feel when purchasing porno? When looking for it? How do you feel at a strip bar or strip show?

32. Are you afraid of a loss of sexual drive with age? Sobriety?

33. Have you had sex with a newcomer in AA? Have they returned to drinking or using? Have you sponsored someone of the other sex and later had sex with them? Did they want sex with you after a time? Do you tend to date "sickies" in the Program? Does this build up your ego?

34. Did you have a pattern of dating people older than you? Were you seeking your father's love? Your mother's? Do you find men or women your age uninteresting? Have you been a child in your relationships, therefore draining the other person?

35. Were you ashamed of your virginity? Did you lie about losing it after you still had it? Do you have reputation of being a stud? a loose woman? Did you want it? Do you dress, act, and go places that will encourage it?

36. Be sure to cover all sex dreams, whether day dreams or regularly nightly dreams that deal with sex and upset you. If you're upset because of the person (parent, clergyman) the place (parents bed, church) or the time or the circumstances, write out what upsets you.

F. ADOLESCENCE

1. In junior and senior high, were you involved in any organized sports? Did you ever goof in a game or event in a way you still remember? Were you cut from a team? How did you feel about this? Did you quit the team? How were you treated in the school because of this? How did you feel about the school's reactions to your performance? If you didn't participate in sports, what was your attitude to those who did?

2. Were you a cheerleader or leader of the Pep Club? How did you react to your position? If you were never chosen for these positions, what did you feel about those who were?

3. What kind of friends did you pick? The "hoods"? The jocks? The brains? The social leaders? Did you move up the social ladder to better yourself with your friends? Did you move down to feel more comfortable? Did you keep this pattern later in life? In your drinking did you keep moving down the social scale? In your group of friends, were you a leader or a follower? Whichever role you picked, how did you feel in it? How did you feel about others in your group? Did you really feel a part of your group?

4. Were you popular or overlooked? Did people come to you to be friends or did you have to go out to others? Did you like people who tried to make friends with you? Or did you only like those who ignored you and ignored those who liked you? Did you ever have a close friend betray you? (Date your guy or girl? Steal something?) How did you react? What did you feel? Have you forgiven them yet? Did you ever betray your closest friend? How did you feel about this? How do you feel about it now?

5. Did you ever fail a grade in school? Were you ever kept back for any reason? How did you feel about this? Did you ever feel a part of the new grade? Did the kids make fun of you? Did you have any learning handicaps? Did you ever fail a subject? How did you feel during summer school? Do you resent the teacher? Did you ever receive an unfair grade?

6. Were you ever made fun of publicly by a teacher? Punished? Insulted? Belittled? Did a teacher or principal ever do this privately? What were your feelings then? Now? List any and all

teachers and coaches and principals in junior and senior high whom you resented, telling why you resented them. If you had a deep fear of any such person, write about it also.

7. Did you attend all the major events in junior or senior high? If not, why? Work? Living on a farm? Unsocial? Drugged out? How did you feel about the events you missed? About those who didn't miss the events? Did you make your prom?

8. If you quit school, did you get your diploma later? If not,

are you ashamed about not being a high school graduate? Whom do you blame today? How do you feel about those who graduated from high school and college? Did your parents attend your graduation?

9. Were you a brown noser? Were you ashamed of this outside of class? Did you cheat to get good grades? If you were caught, how did you feel about being caught? About the punishment? Do you still hate certain subjects? Were you ever suspended or expelled? how did you feel about it then? Now?

10. Did you ever do any vandalism to school property? Did you and your gang ever do any serious vandalism to the property of others? Tire slashing? Breaking windows? Were you involved in any theft at this time? Hubcaps? Shoplifting? Breaking and entering?

11. Did you develop sexually earlier or later than most others? If so, were you ashamed of your body in gym class? Were you shy and did you try to hide when naked in the locker room? Did kids make fun of any part of your body? Are you still ashamed of your looks? Your glasses?

12. Were you a bully? Did you, do you, enjoy humiliating cowards, weaker people? Were you a coward? Did you, do you, hate bullies and those who love to fight?

13. Did your parents or teachers compare you to older or younger brothers or sisters? How did you feel about this? How do you feel about the person to whom you were compared? Were you compared to a friend? To some school leader? Did your parents or teachers shame someone in your family or class by comparing them to you? How did you feel about this?

14. Were others ever warned to stay away from you? How did you feel about this? How did you feel about the person who did the warning?

15. Think back over all the serious times you fell in love during junior and senior high. Did you ever fail to get to date the person? How bad was the heartache? Think over the times you went steady: did you date losers? People who put you down? Who ran the relationship? Who ended it? Did you try to stay together? Did you hurt for a long time? Write any heavy negative feelings you have about any of these. Do you still wish you might have married one of these people?

16. If you had few or no dates, why? How did you feel about those who did?

17. Did you lie to make your life sound more exciting? Did you lie even when you know you'd be caught? Did you lie when the truth would have been easier? Were you ever caught in lies? Do people doubt your word when you're telling the truth? How did

you feel about each of these experiences?

18. Were you dressed poorer or richer than others in school? How did you feel about this? What's your attitude to clothes today? Must you be dressed in style? Can you wear outdated clothes? Do you mock or avoid people who do not dress by your standards?

19. Did you have less money than your friends? Did you always have to borrow cigarettes? Booze? Bum a ride? How did they react to this? How did you feel about this?

20. Were you angry because your school activities (band, debate, chess) did not get the attention that sports did? Were you angry because in a school activity like sports or drama you did not have a starring role? Were you jealous of those who did? Do you still resent those who get attention--in AA?

21. Were you younger than most people in your class? How did this affect you?

G. ARRESTS

1. List in order all your arrests. What were you arrested for? Where were you when arrested? How did you feel about being arrested? How did you react to the police?

2. Write about the first time you were jailed and the first time you spent a night in jail. What were your feelings? Fear? Shame? Guilt?

3. Were you in a detention home as a juvenile? For what? Do you have lasting resentments or fears over the warden or house parents? Were you physically or sexually abused? Did your parents turn you in? Refuse to help? Are you still bitter about being put in the detention center? Do you still resent any of the inmates?

4. Do you hate any of the police for the way you were treated while in jail? Did you ever abuse any of the people in jail with you? Did any guard humiliate you? Any prisoner? Do you resent your family for not bailing you out?

5. Did you ever snitch on anyone, causing them to be arrested or punished? Do you feel anyone ever snitched on you? How do you feel about this today? Did you try to brown nose the guards to get special treatment?

6. Did you do time in a penitentiary? Are you still bitter about this? Are you ashamed of it? Did any guard humiliate you? Any prisoner? How bad was the experience? Were you afraid of being raped? Do you resent the warden? The parole board? The judge? Your lawyer? Anyone who testified against you? The DA?

7. Are there any warrants out for your arrest now? What could you still be arrested for today? (What hasn't the Statute of Limitations run out on?) Drug dealing? Income tax? Perjury? Breaking and entering? Make a complete list of all the things for which you could be arrested.

8. What crimes have you committed for which you were or weren't caught? Include those for which you weren't caught for which the Statute has run out. Arson? Murder? Blackmail? Armed robbery? Forged checks? Hot checks? Theft? Breaking and entering? Car theft?

H. ACCIDENTS

1. Make a list of all the accidents in which you were involved.

If you weren't driving, do you resent the driver still? Were you hurt? Did the driver pay?

2. If you were driving, was anyone else hurt? Were you under the influence? Was anyone killed? Do you still feel guilt? Did you flee from the scene?

3. Did you ever fake an injury to collect from an insurance company? Did you make an injury worse to collect more? Did you conspire with a repair shop to collect more on your car? Did you collect for old damages to your car?

4. Did you ever leave the scene of an accident?

5. Did you cover up your drinking? Were you in fear the police might discover you had been drinking? Did you get someone to lie and say they had been driving?

I. HOSPITALS AND INSTITUTIONS

1. List all the times you were hospitalized for health, especially all surgery. Try to recall how you felt while you were in the hospital. If you were a child, did your parents stay by you? Did you feel they abandoned you? Do you feel today any of the surgery was unnecessary? Do you resent the doctors for lousy surgery or scars? Do you resent any of the staff for the way they treated you or ignored you? Are you ashamed of your scars today?

2. Did you have an abortion? Help or urge anyone to get an abortion? How did you feel about it when it was happening? How do you feel about it now? Do you wish you had had your child?

3. Are you sterilized? Did you do it to please your husband or wife and did they later divorce you? Are you bitter? If you were sterilized, do you feel less a man or woman? Do you feel your husband or wife should have been the one?

4. Were you ever in a mental hospital? Are you ashamed to tell people about this? Are there any scary memories of people who were way out mentally? Were you committed there by others? If so, what did you feel about them then? What do you feel about them now? Did you or do you resent any of the psychiatrists or other staff for the way they treated you? Did you mistreat any of the other inmates? Did any of them mistreat you? Were you afraid that you would be insane the rest of your life?

5. Were you ever treated for alcoholism or drug addiction? If you were committed against your will, how did you feel then? Now? Are there any of the staff that you resented or resent? Any of the other patients? If you entered voluntarily, do you feel you got the treatment you expected? If you had a "hot seat", how did you feel? Did you, or do you, resent anyone for what they said?

6. Were you ever treated by a psychiatrist, psychologist, marriage counselor, alcohol or drug counselor? What do you feel about each of them that treated you? Do you feel they helped you? Wanted to help you? Did any of them betray your confidence? Did any of them make sexual advances? How did you feel when being treated? How do you feel about them today?

7. Think about when you get ill. Do you use sickness to get attention? To escape? To get sympathy? Were you the center of attention in your family because of a health problem? Will it recur now when you're in trouble? Do you enjoy being sick? When do you usually get sick?

J. JOBS

1. Were you ever fired from a job? Write out each time it happened and how you felt then and now. Did you resent your bosses? Did you feel shame and guilt? Do you still hate the companies today?
2. Write out all the jobs that you disliked while you were working at them. Why did you dislike the job? Did you feel ashamed of the kind of work you did? Were you paid less than you felt you should be? Did your alcoholism force you to take and keep the job?
3. Write about any and all bosses whom you resented or feared--or whom you resent today. Why did you dislike them? Were they abusive? Were they unfair? Were they bigoted against you? Did they play favorites?
4. Were you ever passed over for promotion? How did you feel? Why did you feel it happened?
5. Make a list of all your jobs--especially do this since you've sobered up. Write out how long you stay at a job. What reason did you have for quitting jobs? Was this an excuse so you could try yet another occupational cure? Were you running? Are you still? Have you quit without notice?
6. Did you seriously fail to perform so that you cheated your boss out of the pay he was giving you? Did you pad your expense account in a major way? Did you give others your personal discount? Did you take more pens and things than you should have?
7. If you own your own business, how have you treated your help? Have you fired them unfairly? Have you paid them less than you should? Were you abusive verbally? Did you feel you were superior to them because they worked for you?
8. If you became foreman, did you treat anyone you supervised unfairly?
9. Did you hurt your business by the way you deal with the public?
10. Are you doing work you like to do or are you frustrated because you never got into some job or profession you wanted?
11. Are you in a family business? By choice or necessity or pressure or failure? Does this keep you from developing a sense of your own accomplishment? Do you throw your weight around in your parent's business? Do you fail to do good work because you can't get fired from your parent's business? Are you late? Work poor hours? Do the regular workers resent you because of the liberties you take in the family business?

12. Are you proud of the work you do--are you good at your work?
Are you ashamed of the work you put out? Are their customers
you clearly cheated by the quality of work you gave them? Are
you indifferent at your job? Have you hurt your company's
reputation by the work you do?

K. COLLEGE AND TRADE SCHOOL

1. Do you feel the school you attended gave you an education equal to what you paid? Are you proud to have attended the school? Did you wish you were at another school? Did you envy those who went elsewhere?
2. Did you join a fraternity? Was it the one you wanted? What did you feel about independents? If you were blackballed, how did you feel about this? Whom did you, or do you resent from your fraternity?
3. If you were independent, what did you feel about frats? Did you envy their money, popularity, and social life?
4. Are there any instructors whom you resent for any reason? Did you ever receive an unfair grade? What courses did you fail? Whom do you blame? What courses do you regret taking? Are you sorry about the major you selected? Whom do you blame for this? What would you have rather studied?
5. What was your social life? Did you feel adequate? Ignored? Out of the main stream of college life?
6. Did you get in any disciplinary trouble with the school? Who was to blame? How do you feel about the way it was handled?
7. Who paid for your education? If you did, do you resent your parents for not paying? If they did, do you feel you used them? Did they interfere in your choice of courses? Of schools? How do you feel about this?
8. If you dropped out, do you feel you failed your parents? Your husband or wife? Yourself? Do you regret quitting? Are you sorry you didn't do it sooner?

L. MARRIED LIFE

1. Take your wife's, your husband's inventory. Would you marry him or her today again if you were perfectly free with no obligations? If not, why? Do you feel they would marry you again under the same conditions? What would you like to change in your marriage? In your husband or wife?

2. Now take the inventory of your husband or wife's parents. If you have had any trouble with either of them, write in detail about the trouble and your feelings. What do you feel they think of you? Have they advised or pressured for divorce? Separation?

3. Quickly inventory your In-laws, if you have any negative feelings towards them. If they ever interfered with your marriage, be sure to write what happened and what you feel about the interference. Have they advised, pressured, or helped with divorce or separation?

4. Now take the inventory of each of your children. Did you want them? Did you have to get married because of one of them? Do you blame all the misery of your marriage on this child? Which child is your favorite? Your scapegoat? What would you change in each of your children? Did you hurt them by your drinking? Did they hate you because of it? Did you ever beat them to the point of child abuse?

5. Inventory any step children or foster children that you raised for any significant period the same way (#4).

6. Do the same for each marriage that you were in. (#1-5). If you lived with anyone for any significant period of time, do the same. Also write about why you never married. Were you afraid to commit yourself? Did you use the other person sexually but not give yourself? Were you used in this way? How do you feel about allowing yourself to be used this way?

7. If you had any long-standing affairs, whether you were married or not, inventory the person with whom you had the affair. What do you feel about them today. Why didn't you marry? Did your husband or wife or children, or the other person's ever learn of the affair?

8. Did your wife or husband ever have an affair? Did you forgive? Did you forget?

9. What did your parents think of your marriage?

10. Did you have a normal courtship and engagement? Did you rush blindly into marriage? Did you have a large wedding? Did anyone important refuse to attend? Do you have any bitterness about being forced to join another Church in order to get married? Or in having to marry in another Church? Or in having

to make promises about the religion of your children?

11. Was your honeymoon pleasant or upsetting?

12. Did you live with either set of parents? Do you have any bitter feelings about this? Did either set of parents interfere ever during the marriage? How do you feel about this? Did they interfere with raising your children? Did either parent shower you with gifts the other parents couldn't? Did either set of parents give so much that you and your wife or husband never had to learn to live on your own? Do you resent the way this kept you from developing self respect and independence?

13. Quickly list the places where your family lived. If any of these places still give you bad feelings, write about them. Tell why you disliked living in the home, the city, if possible.

14. Were there any separations? Who was to blame? Who surrendered to come back together? How did you feel during the separation? How do you feel about the separation now?

15. Did you marry earlier than your friends? Later? How did you feel about this?

16. Do you resent the responsibilities of marriage?

17. Do your children come between you and your wife or husband? Were you a good parent? Are you now? Do you spoil your children today by giving them too much freedom because you feel guilty over the way you treated them while drinking?

18. Who dominates your marriage? If you've been married several times, how were your wives or husbands alike? How were they like your mother or father?

19. Do you use sex as a reward or punishment?

20. Have you done your share of the work around your home?

21. Are you a dictator? Do you have authority in your home?

22. Has your program caused you to neglect your family? Do you put your family before the program? Do you allow your wife, husband, or children to talk you out of going to meetings?

23. Do you use being an alcoholic to manipulate your wife or husband into doing things your way lest you drink? Your children? Others?

24. If divorced or separated, are you letting your children blackmail you and your ex, by moving back and forth unless they get their way? Do you bad-mouth your ex to them? Do they bad-mouth your ex to you to manipulate you?

25. If divorced and you do have the children, did you get a fair settlement for them and yourself? Or did you let your ex keep most, punishing your children? If you're not receiving child support, have you reported your husband or wife? Or are you punishing the children by not punishing your ex? Do you resent having the children because you're not free? Must get baby sitters? Can't bring lovers home? Do you bring lovers home? Have you ever considered how this must affect your children? Do you provide food and a clean home for your children?

27. Have you ever beaten your husband, your wife? Have you pushed your husband or wife into beating you by the way you nag them?

28. Can you talk over problems with your husband? Your wife? Your children? If not, who's to blame?

29. Do you take time to play with your children? With your wife or husband? Do you take time to play?

30 If you're divorced, whose fault was it? Have you accepted the divorce or do you still see your ex as your husband or wife? What resentments do you have over the divorce? Do you blame a lawyer for a poor settlement? Are you angry with the custody arrangements? Did any third person break up your marriage? Do you still resent this person? If your ex has remarried, do you bug him or her with calls? Does this affect the remarriage? Do you allow your ex to do this to you if you've remarried? Is this fair to your new husband or wife?

M. ALCOHOL

1. When was your first drink? How did you feel?
2. When was your first drunk? How did you feel?
3. At what point did alcohol start becoming a problem in your life? At what point were you first aware alcohol was a problem in your life?
4. If alcohol caused you to do shameful things, write all those that you remember; write all those that occurred during blackouts that others told you about. Just write memories that cause shame, guilt, fear, or resentment. "Funny" stories need not be told.
5. When did you first try to control your drinking? What happened?
6. Whom did you hurt by your drinking?
7. Why did you first seek help? Did you resent being sentenced to AA? Did you resent your family having a confrontation? Who nagged you about your drinking?
8. Why did you first come to AA? If you slipped, why? What didn't you do?
9. Is your present sobriety date honest? Have you had pills or smoked pot since?
10. Who do you not like in AA? In Alanon? Are you angry with any AA Club? Meeting?
11. Who in AA or Alanon owes you amends?
12. Take your sponsor's inventory. Is he or she the best for you? Have you been honest with your sponsor? Do you pick the person most likely to say what you want to hear when you discuss problems?
13. Do you sometimes doubt you're an alcoholic? Have you missed meetings?
14. Do you still resent being an alcoholic? Do you resent people who can drink? Do you travel to slippery places, go with slippery people, do slippery things? Are you setting yourself up for a slip?
15. Do you share the real you at meetings or just offer people a nice view of you? When you're hurting do you hide this at meetings? Do you say what you feel people want you to say? Do you pass when you don't feel like talking? Or do you allow people to force you into saying what you don't want to say or don't really feel?

16. Do you resent the cliques in AA that you're not a part of? If you belong to a clique do you try to be friendly to everyone? Do you welcome new people? Do you talk to everyone who comes to you?

17. Are you a good sponsor? If you've done a 5th Step already do you offer yourself to newcomers as a sponsor? Have you offered yourself as a sponsor when you had no program to offer? Do you 13th Step? Do you go to the other sex for help with your problems when the only problem you want help with is sexual emptiness? As a sponsor will you tell people what they don't want to hear when they need to hear it? Are you afraid of angering someone you sponsor and so you say only the nice things? Can you let someone you sponsor go? Do you possess them too tightly? Do you resent them for leaving you? Do you resent them for not succeeding because they make you look bad? Do you boast about your sponsoring successes?

N. DRUGS AND POT

1. List all the mood changing drugs, legal and illegal that you have done.
2. Have you ever dealt drugs--even just helping a friend get a supply?
3. Have you ever introduced anyone to drugs? Has anyone you've started on drugs OD'd?
4. If alcohol is your drug of choice, do you see drugs as a problem? How do you feel about drug addicts being at AA meetings? How do you feel about those who take the opposite view? How do you feel about AA Clubs fighting over this?
5. If drugs were a threat, do you hide this fact in order to be accepted more in AA?
6. If drugs were you drug of choice, have you supported NA to help other addicts?
7. If drugs was your drug of choice, do you feel free to drink booze? Do you then hide this at AA meetings? Do you lie about it?

O. ODDS AND ENDS

1. Do you have any unusual traits of personal cleanliness that would nearly destroy you if others ever learned? Do you eat snot? Pick your genitals? Your rectum? Are you too clean? Are you dirty?

2. How do you dress? Do you dress making yourself look sexually loose? Does your make up make you look loose? Hard? If you're a guy, do you wear an earring seeking rejection? If you're gay, do you dress in a way that advertizes your sexual preferences? Do you then mind the rejection you experience? Do people laugh at the clothes you wear? Ho do you feel about this?

3. Are you tight with money? Do you bum cigarettes and other things from people? Do they avoid you or resent you for always mooching off them? Do you volunteer to pay the bill occasionally? Do you try to buy and control people by giving them gifts? Paying for their food? Loaning them your property? Can you manage a checking account or are you always writing hot checks? Is this part of your self destruct? Can you manage credit cards or are you over your head in debt?

4. Are you often late for meetings and appointments? Do you force others to wait on you and also be late? Is this an unconscious way to control others? To get your anger out at them by making them wait on you? Are you always early and so intolerant of people who are late?

5. Do you feel you're attractive or ugly? What do you least like about your looks? Your body? Can you accept the reality of aging? Are you trying to live in an earlier age: dressing, talking, acting like a teenager, always traveling with younger people? Are you only happy dating older people? Do wrinkles upset you deeply?

6. Do you vote in elections? Do you have strong hatreds towards any candidate, past or present, any political party? If you have lost your citizenship rights, are you still bitter?

7. What do you do to get your way? Pout? Sulk? Cry? Be good? Get sick? Have a fit? Storm out? Get violent physically? Curse? Act like a good little girl or boy? What do you do when you don't get your way?

8. Are you ashamed of your strong points? If you're intelligent did you try to hide this? Did you try to hide your good grades lest you be rejected? Do you say you don't have a good voice, dancing ability, athletic ability when you do? Do you see that this false humility is actually pride and fishing for compliments? Do you parade your strong points in the face of others? Would you boast of your grades before students who were flunking?

9. Do you stand by your word? Do you show up when you promise, fill commitments and pledges you have made? Are you reliable? Do you carry out your threats--or are they empty?

10. Have you ever hurt anyone seriously with gossip? Have you revealed information given you in confidence? Have you broken the anonymity of anyone in AA? Have you ever said someone had a slip and learned later they didn't? Have you weakened the unity of some Group or Club by spreading talk you knew would divide people?

11. Do you speed? Have you endangered your life and the lives of others driving too fast in cities? Driving under the influence of alcohol? Of drugs? Do you risk the property of others driving uninsured? Do you feel you can make your own laws as you go along? Do you still hate the police? Are you still scared by them? Are you angry at the police when you get a speeding ticket?

12. Have you used or do you use unfair or illegal business practices? Have you lied to sell something? Have you deliberately hidden its faults to sell it?

13. Do you still live off your parents? Can you see how this keeps you from developing self respect and adult independence? Do you spend too much knowing your parents will rescue you from bills?

14. Have you ever spent too much deliberately planning to file bankruptcy? Do you see this deliberate overcharging was actually stealing from your creditors?

15. Do you feel no one understands you? Loves you? Cares about you? Do you laugh at people who are less blessed in some areas than you are? Does this help you feel superior?

16. Are you a good friend? Do you support people or do you just use people? Do you put yourself out to help a friend? Do you allow your friends to do favors for you? Are you afraid to allow other people to get too close to you? People of the same sex fearing homosexuality? People of the other sex? Do you resent people who rely on you?

17. Are you closed to new ideas in any area: politics, religions, life, AA?

18. Do you still live too much in the past with guilt, shame, anger, and depression? Too much in the future with fear, anxiety, depression?

19. List the arguments you have had with people in all areas of your life since you've been sober. Have you forgiven each of the people?

20. What bigotries do you have? Have you had?

21. What defects am I now unwilling to give up?

22. When did I first sneak a cigarette? How long have I been smoking? What do I feel about non-smokers? ex-smokers? About people who ban smoking from their homes or offices? Do I accept my smoking?

23. Are you terrified by death? Have you been deeply scarred by the death of anyone close to you? What did you feel? Have you ever seen anyone die? What did you feel? Does the memory haunt you? Does the memory of anyone in a coffin haunt you?

24. Are you a compulsive talker? Do you let others speak? Do you listen? Do you hear?

25. Are you a compulsive buyer? Do you sit on your buying and then go on a spree? Do you feel you need each new thing that is advertised?

26. Are you a compulsive eater? Since sobriety have you been getting fat? Does your weight upset you? Do your eating habits upset you?

27. Are you a compulsive gambler? Have you penalized your family or self by gambling money needed for living expenses? Do you spend hours gambling when you should be with your family? Have you used funds that are not yours to gamble?