

GAMBLERS ANONYMOUS

4th STEP GUIDE

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Preface

As found in the Blue Book of GA, Sharing Recovery Through Gamblers Anonymous, “With Step Four we begin a journey of self-discovery. Many of us became complete strangers to ourselves as our disease progressed. We have become confused and hurt by the way we have conducted our lives and now need help to discover the truth about who we are”.

The Board of Trustees formed a Fourth Step guide committee whose mission statement was to review, revise, and re-write the Gamblers Anonymous Fourth Step literature. The committee’s task was to create a more robust and effective tool of recovery for the Fellowship of Gamblers Anonymous that addressed both moral and financial inventories.

The committee wishes to thank all who contributed their time, effort, experience, strength and hope to make this guide a reality.

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FOURTH STEP GUIDE

INTRODUCTION

We arrived at the rooms of Gamblers Anonymous in great pain and confusion. Our obsession to gamble continued to defy all our best efforts (and there were many) to control it.

As a result of our gambling, many parts of our lives were unmanageable. We finally began to grasp that not just financial problems were tied to our gambling, but also employment and relationship issues as well. We lived in emotional and mental upheaval. Many of us struggled with thought processes and behaviors that were not a normal way of thinking and living.

Before starting the Fourth Step inventory, members of GA have found that it is essential to have worked Steps 1, 2 and 3, preferably with a GA sponsor or mentor. If you do not have a sponsor, this would be the time to find one. The inventory will be difficult to accomplish without a trusted mentor to guide you through the process.

Let's begin with a brief review of the first three Gamblers Anonymous Recovery Steps.

Step 1- We admitted we were powerless over gambling- that our lives had become unmanageable.

Upon entering Gamblers Anonymous, we must develop the ability to honestly look at our gambling. This is the first step in our process of recovery. Without honesty, we cannot admit our powerlessness over gambling. We must honestly accept, admit, and unconditionally surrender to this powerlessness in order to proceed with our recovery. Any reservation we had or may presently have that we can gamble again means that we believe we are not powerless over gambling and that we have not admitted or accepted our powerlessness. Either we have power over gambling or we don't. Without this surrender to our powerlessness over gambling and recognition of the unmanageability it has created in our lives, it will be difficult to move forward.

Step 2- Came to believe that a Power greater than ourselves could restore us to a normal way of thinking and living.

In Step 1, we accepted our powerlessness over gambling and the unmanageability of our lives. Now in Step 2, we seek to develop an understanding of a Higher Power greater than ourselves that can restore us to a normal way of thinking and living. This means we cannot do it by ourselves.

We have opened our minds to the idea that a power greater than ourselves, and greater than our gambling addiction, can and will assist us in our struggle toward wholeness.

Step 3- Made a decision to turn our will and our lives over to the care of this Power of our own understanding.

After opening our minds to the idea of a power greater than ourselves, we make a decision to ask for help. This step is a commitment to depend on a Higher Power of our own understanding. We now have an opportunity to live a life directed by the spiritual principles of recovery found in the Gamblers Anonymous Program. This Step is an action step. Much of our work thus far has involved a mental process. This is where we make an active choice to trust our Higher Power and to surrender our own will.

The power of this decision leads us naturally to the next step: Beginning a journey of self-discovery through taking a fearless moral and financial inventory of ourselves.

A discussion of our understanding of the first three Steps with GA sponsors and mentors is an essential part of the preparation for working the Fourth Step.

Now, with a better understanding of the spiritual principles of the first three Steps, we continue to take action. We carry these principles of honesty, hope, and faith as we move forward into the work of the Fourth Step.

WHAT IS STEP FOUR

MADE A SEARCHING AND FEARLESS MORAL AND FINANCIAL INVENTORY OF OURSELVES

The GA Blue Book – Sharing Recovery Through Gamblers Anonymous states the following:

With Step Four we begin a journey of self-discovery. Many of us became complete strangers to ourselves as our disease progressed. We have been confused and hurt by the way we have conducted our lives and now need help to discover the truth about who we are. When gambling, we often viewed our lives in a distorted way.

Step 4 is often the most feared step. It is also the most widely written about step with numerous guidelines in existence. The process of self-reflection and confession in order to achieve emotional relief is as old as humankind. It appears in some form in most religious, spiritual, and secular practices.

When the first Twelve Step recovery program was created in the late 1930's the founders of Alcoholics Anonymous included the use of an inventory and the sharing of that inventory as critical steps toward sobriety. The same is true for those of us addicted to gambling. We must find and accept the truth about ourselves, as painful as it may be.

We made a decision, a commitment, in Step 3 to turn our will and our lives over to the care of a Higher Power. When we trust this decision, we can find the courage to begin the Fourth Step. Our commitment to trust in our Higher Power can have lasting impact on our lives as we move into our Fourth Step work.

Step 4 in Gamblers Anonymous calls for a searching and fearless moral and financial inventory. Both are important; most often they are undertaken as separate inventories.

WHAT IS THE FOURTH STEP ASKING US TO DO

Before we begin, let's take a look at the language of this step.

- “Searching and fearless” means that we are going to be asked to dig deep for the truth about ourselves and find the courage to face that truth. We will seek to identify aspects of our character that have created and driven our compulsive gambling. This is not about good or bad. This is about determining the exact nature of our character -- the truth.
- “Inventory” is the gathering of information upon which we can make future decisions. Again, this is not about labeling something right or wrong. This is about finding the truth.
- “Morals” are the values we choose to live by. Some morals may be imposed by our culture or surroundings; our internal morals reflect the principles we strive to live by. The Fourth Step asks us to examine when and how we acted against our own values and principles. We often act in ways that are contrary to our personal morals when we are “in action”. Here, we check our own personal moral compass and identify ways of thinking and living that have directed our lives in ways that have hurt ourselves and others in the past. The purpose of the inventory process is not to define morality for others but to help us examine our own morals and principles.
- “Financial” is a detailed look at our money: What we owe, what we have in the way of income. Many of us have a debt amount that is painful to look at. We have been afraid to add it up or look at it honestly. As long as that number is unknown, it takes on great power and can block us from the benefits of a life in recovery. “Financial” is also about our relationship with money and our often distorted way of dealing with finances.

WHAT WILL THE FOURTH STEP DO FOR US

Members of Gamblers Anonymous have found benefits from working this Fourth Step inventory process. These benefits include:

- Giving us a starting point for the steps that follow: admitting the exact nature of our wrongs, addressing our character defects, and the process of making amends.
- Knowing the truth about ourselves will help us to recognize the barriers that block us from our Higher Power and from meaningful relationships with others. Now, we can truly embrace and deepen our connection to the Gamblers Anonymous 12 Step Recovery Program.
- Gaining vital information about, and insight into, patterns of behavior that we can now begin to change—the work called for in Steps 6 and 7.
- Discovering strengths within ourselves that have previously been hidden from us. (See Appendix 1-Positive Inventory)
- Begins the process of addressing our long-held denial and feelings of fear and shame. This step is the beginning of our journey into freedom from these crippling feelings.
- Reaffirms our commitment to working the 12 Steps of Recovery. Now, with the help of mentors, sponsors, GA literature, Pressure Relief Group Meetings, and other tools of recovery, we can move forward with honesty, open-mindedness, and willingness.

SETTING YOURSELF UP FOR SUCCESS

1. In this inventory process you will be asked to take a detailed, honest look at aspects of your life that have confused you, created shame, guilt, fear, and anger. If you have a sponsor, share with them what you are undertaking. Get them involved. If you don't have a sponsor, get one; even a temporary one. Having others involved in this way prevents feelings of isolation and will lead to the successful completion of the Fourth Step.
2. Be courageous and tell others in your recovery community what you are undertaking. If you are seeing a therapist or a spiritual advisor, stay in touch with them during this inventory.
3. It can be helpful (but not required) to let your family members and close friends know that you are in the process of a part of your recovery that may bring up difficult or painful feelings and memories.
4. This is your inventory and you are in complete control of it. No one else has a "right" to see it. Only you can make the decision to share. That being said take care to protect the contents. If you have items in the inventory that others may find hurtful, don't leave it lying out. If you are making a computer document, password protect it. If it is handwritten, have a safe place to keep it.
5. Many of our members have found that they create distractions for themselves as they are in this process. To prevent this, make a point of not taking on additional responsibilities. Indeed, try to lighten your schedule. Remember that cleaning the closet or painting the bedroom can wait.
6. This is an inventory method that will not be finished in a few days. Most inventories take several weeks to complete. At the same time, do not make the mistake of dragging out this process. You will be looking at aspects of your life that have powerful emotions attached. Get in and get out.
7. Many Gamblers Anonymous members who have completed successful inventories have found some form of private and regularly scheduled work time, special place, or ritual helpful. Some have used a candle or soothing music. Others find they worked best in a noisy coffee shop. Many have found that being in nature is helpful. Find a place that feels safe to you. To reiterate, establishing a regular pattern of time and place for working on your inventory is a way to set yourself up for success.
8. If you feel overwhelmed, pick up the phone. Reach out to your sponsor and other trusted GA mentors. Avoid the very natural temptation to isolate.
9. Trust the process. At times, this method may seem confusing, but you will arrive at a point where it will pay dividends in your recovery journey.
10. Fear can be a barrier to moving forward. Remember in making a fearless inventory that "Courage is not the absence of fear but the ability to act in spite of it."

THE INVENTORY PROCESS

THE FINANCIAL INVENTORY

In Gamblers Anonymous we are asked to make not only a moral inventory but also a financial inventory. These two inventories are intertwined. Many members find it helpful to start with a financial inventory in order to gain a true picture of their financial situation. Now we can begin to look at our relationship with money and finances and how this unhealthy relationship has created chaos and harm in our lives and in the lives of our loved ones. Experience has shown our members that, at its core, compulsive gambling is an emotional problem, not a financial problem. Yet “money” is where much of the pain and consequences appear. Money that should have gone for normal expenditures and the care of our families was lost to gambling. Despair and desperation drove us to the outer limits of sanity as we tried to win back our losses. On failing to do so, we gambled in still greater desperation and the depths of our misery took us to some very dark places. Compulsive gamblers chasing money into the gates of prison, insanity, and death are glaring examples of just how serious this is.

Fear of exposing our secrets about our financial situation (even to ourselves) has left many of us frozen in place, unable to move forward in our recovery.

Addressing our financial situation should not be delayed. Many of our members begin this process very early in their recovery, often by having a Gamblers Anonymous Pressure Relief Group Meeting.

The Pressure Relief Group Meeting can assist members in taking action to lessen immediate financial issues, while at the same time structuring a long-term plan for fiscal self-care and responsibility.

Pressure Relief Group Meetings are led by experienced Gamblers Anonymous members, using approved GA literature. This process can help in finding and facing the often painful truth about our financial reality.

Our suggestion is to do a simple, yet complete, inventory of debt and income. Not only gambling debt, but any and all financial obligations, including normal expenditures, should be listed, no matter how small. Income should be inventoried as a reasonable expected income. Projecting overtime pay or bonuses does not give a true picture of day-to-day income. List these as separate possible sources of income.

This may be a more complicated situation for members who are in a shared income/debt relationship. Many relationships are already in jeopardy due to our compulsive gambling. A partner may be unwilling to work through this process due to feelings of betrayal or resentment. Others' income or their willingness to take part in repayment of debt will need to be considered on a case-by-case basis. One suggestion is that both incomes are included but listed separately. The emotional cost of dragging others into debt will certainly show up in the moral inventory. The Pressure Relief Group Meeting volunteers

have helped many members and their partners in working through this uncomfortable and often-painful exercise. They can be a very valuable resource in this process.

REMEMBER: This is your searching and fearless financial inventory and you need to be able to see clearly what your personal situation is.

Many details of our financial situation will also appear in the moral inventory portion of Step 4. That is to be expected, as how we handled our financial affairs are strong indicators of our distorted thinking.

Our approach to finances may be based on a family legacy of how money was viewed, either healthy or unhealthy.

The financial inventory is not just about money. In this process, we can begin to address our distorted view of money and our immaturity in how we have handled our financial responsibilities. It is essential that we take a hard look at how we have handled our own and our family's finances. We could consider this as a look at our "financial morals". In order to make a thorough inventory, we will need to consult with our sponsors, GA mentors and Pressure Relief Group Meeting members for help. This list will often reveal the unmanageable aspects of our view of money and its place in our lives.

In Gamblers Anonymous, a financial inventory is essential in order to get a complete picture of our real world and release us from the dream world of the compulsive gambler. Until we find the courage to face our financial reality, it will block us from recovery. We can only build a new and better future by facing the financial damage we have done.

Our inventory can now allow us to create and follow a realistic budget. We can learn how to correctly prioritize debt repayment as we move forward. A fearless and thorough financial inventory can be the catalyst to living a more normal and peaceful way of life.

THE MORAL INVENTORY

Our work on this moral inventory will be about determining the nature of our character: the truth. Through this process, we get closer to discovering what has been blocking us from a Higher Power of our own understanding. How do we find out what parts of our personal moral compass, our ability to judge right and wrong and act accordingly, are out of alignment? We do that by looking back over our life and doing an analysis of how we have conducted ourselves.

Simply preparing a list of our past harmful acts does not provide a complete picture of who we are. We need to gain clarity about when and how we acted against our own values and principles. Our failures and poor choices are often painfully obvious. We have been running from them, hiding them, been embarrassed by them, gambling over them for a very long time. These behaviors may have been obvious to those around us, but we have often been limited in our ability to see, understand, or stop them. An effective inventory includes a systematic process of looking at specific situations in which we harmed ourselves and others. We may discover behavior patterns that we have not been aware of. We look at

how we have been impacted and what role we played. This provides information upon which a recovery foundation can be built and empowers us to move into the work of Steps Five through Nine.

Only when we can honestly look at and accept our faults, and the negative consequences that resulted from them, can we begin to take action to become a person living in recovery.

Recovery happens when we find the courage to identify our character defects and become willing to work to remove them.

The core of this inventory process will focus on those characteristics and situations that have blocked us. A method to assess our strengths and gifts will be located in Appendix A. Our hope is to provide a balanced understanding of who we are.

In order to learn from our past, we must have a method that is simple and yet complete to insure we accomplish a searching and fearless inventory. To do this, the inventory will focus on three sources of emotional turmoil that are common in addicts: resentments, fears and harms (paying particular attention to harms done in our relationships).

It may not be immediately apparent how examining resentments, fears and harms will help us to address our morals. Isn't that the purpose of this inventory? Rest assured, experience has shown many of us that working through our history using this process eventually does lead us to see patterns of moral dysfunction. With this knowledge, we begin to look at our lives differently. This can be, at first, extremely uncomfortable. This discomfort will be eased as we move forward with the next Recovery Steps. Remember that this is the fourth step of twelve!

Each of these categories (resentments, fears, and harms) will have its own set of sheets to use in the inventory process. Blank worksheets are provided in Appendix B (You may need to make additional copies). Completed example worksheets can be found in Appendix C.

In essence, the sheets are a tool that we can use to address our past experiences and issues. This is a systematic process. We start with writing down specific incidents, memories and events that have caused resentments, fears and harms that we carry with us.

We will be asked to identify people, institutions or principles that created resentments of which we could not let go. We will examine life experiences that generated fears, real or imagined, that directed our thoughts and our life decisions. We will look at events and experiences that caused us to react in harmful, hurtful ways towards others.

Let's use the category of resentments as an example of working through the inventory process.

RESENTMENTS

Resentments are an emotional response to a perceived injustice or mistreatment. Resentments can be described as a combination of anger, disappointment, disgust, and disapproval. These feelings can be hard to let go of because it can feel like accepting something you disagree with. Resentments can be something we carry from childhood as well as unresolved frustrations with our lives today. Through this inventory processes we will look at these festering feelings that have blocked us from moving towards a normal way of thinking and living.

RESENTMENTS

Column 1

On the worksheet, use the first column to list people, institutions or principles for which you carry unresolved anger or bitterness. Stay in this column, working your way down. It may be tempting to look at the other columns on the worksheet, but experience shows us that it's important to make a complete list using this first column without allowing our attention to stray.

Write down as many of these resentments as you can think of. Don't censor yourself or make judgments about the validity of your feelings. These should be brief: a name of a person, an institution or a principle that is a source of unfair treatment (real or perceived) in your life.

A "person" is fairly easily definable. An "institution" is any organization, such as a faith community, a financial institution, the justice system, a workplace, an educational system, the gaming industry, recovery programs or other organizations that we interact with in our lives. "Principles" are cultural or societal norms that can be a source of bias or unequal treatment.

If you are questioning whether to put something on the list and it generates emotion or discomfort, include it. It's better to have a complete inventory than to skip or overlook events that we still carry with us.

In our lives, we may have been told or somehow feel that some resentments on our list are imagined or exaggerated. It's not uncommon that people in our lives have downplayed or dismissed the impact of trauma in our childhoods or later in life. These resentments are still valid and need to be listed on our inventory.

Some members find it helpful to categorize their memories chronologically through their lives as a timeline. Some find it easier to move through the process using categories such as "Family", "Work", "Relationships", "Recovery", "Financial Institutions", "Justice Systems" and "Faith Communities".

RESENTMENTS

Column 2

After creating as detailed a list as you can, the focus shifts to the next column on the sheet: "Cause". For each resentment that you have listed, write down the specific incident or memory **that created** the

resentment. For instance, a resentment might be “I resent my brother-in-law”. The cause may be, “He insulted me in front of my family at a reunion”. A resentment might be, “I resent my workplace.” The cause may be, “I was unfairly passed over for a promotion I earned.” A resentment may be, “I resent being told to respect my elders”. The cause may be, “My aunt criticized my weight when I was a teenager and I was told that I should not talk back to her”.

You may find that a person, institution or principle for which you are carrying resentment has more than one cause. In that case, make sure that you give yourself permission to list all the causes of resentment.

The cause that you list for each resentment should be brief and to the point. Use a sentence, not a short story. It’s not uncommon for GA members who are identifying these causes to begin to feel caught in the moment or memory that is evoked. Again, our experience shows that moving through the list from top to bottom as objectively as possible keeps us from reliving our entire story and becoming overwhelmed. Keep moving.

Again, it’s important to stay in this column and to work your way down. Do not let your attention stray to the other columns. (Many members find it helpful to actually cover the ensuing columns with a sheet of paper) Write about the causes of each of your resentments before moving on.

Now, having worked through the causes of our resentment, we turn our attention to the third column: “How Was I Impacted or Threatened?” The reality is that the things listed in those first two columns are beyond our reach, or our ability to change. That is where our focus and blame have landed. The result is that we are stuck. In looking at how we have been impacted, we begin to move beyond this feeling into awareness and action. This is where hope and healing can begin.

This part of the inventory method starts to reveal the true nature of the emotional or spiritual disturbances that have been a large part of our obsession to gamble.

By moving beyond the first two columns, we can make an important shift in our view of ourselves and how we have been showing up in life. The true source of our pain does not lie in the memories of our resentments and their causes. The pain we feel is a result of our reactions to these events. We are still carrying that pain within us. Now, as we work our way through this part of the inventory, we can begin to acknowledge our feelings around these past events. This will lay the groundwork for becoming willing to recognize parts of our character that need to be changed. The Gamblers Anonymous literature refers to “bringing about a character change within ourselves”. This is where we can begin to identify what really does need to be changed. Then, with the help of our personal Higher Power, the GA recovery program, sponsors and mentors within the rooms we will be able to move forward.

RESENTMENTS

Column 3

We will now inventory four ways in which we have been impacted by experiences we have already listed as resentments and their causes. These four categories are:

- Money or Material Goods
- View of Myself and My Place in Society
- My Relationships with Others
- Future Plans

We will look at each of these four categories and examine how our resentments have impacted us. You will find an example resentment sheet in appendix C.

Money or Material Goods

It is common for people to want to have enough money to live a comfortable life. This may mean owning or renting a home, access to reliable transportation and the ability to feed and clothe ourselves and our families. Many of us find satisfaction, joy, and a sense of safety by accumulating “things”. Some of us strive to achieve or maintain a lifestyle that goes beyond these basics.

We now change the inventory method. Instead of writing about the listed items, we respond by checking a box on the worksheet. You are being asked to identify if the items in columns 1 and 2 (resentments and their causes) impacted or threatened you in the area of money or material goods.

A simple yes or no question needs to be answered. “Has this resentment threatened my Money or Material Goods?” If your answer is “yes” put a check mark in that column. If “no”, leave it blank. This is not the time for a deep thought process or to relive events. This “yes” or “no” process should be quick and instinctual. If we stop and do a deep analysis, we will bog down and possibly fail to move forward.

Here are examples of questions to help you decide if a check mark is needed:

- Was my livelihood threatened?
- Did this resentment cause me to be unable to meet normal expenditures or to pay my bills?
- Does the resentment continue to negatively impact my welfare or the welfare of my family?
- Did this resentment and cause create legal consequences?

The questions you ask yourself are up to you. Keep in mind that your own life experience will be your best guide in this process.

Continue working from top to bottom through the entire list of resentments and causes. Then move on to the next category.

View of Myself and My Place in Society

Now we turn our attention to our view of ourselves and how we “fit in”. We have a basic need to feel safe in who we truly are.

In this category, we consider our perception of ourselves and our perception of how we have been treated by those around us.

We now look at how our resentments caused a decrease in our feeling of self-worth or self-esteem. Surprisingly, we also look at how our resentments may have caused us to feel superior to or more important than others.

The yes or no question here is: “Did the resentments and their causes in columns 1 and 2 impact or threaten my view of myself or my social standing?” If the answer is “yes”, check the box. If the answer is “no”, leave it blank.

Here are examples of questions that we might ask ourselves:

- Does this resentment make me feel “less than” or “better than” the person, institution, or principle involved in the resentment and cause?
- Did I feel better or worse about myself as a result of this resentment or encounter?
- Do I carry a sense of shame about myself because of this resentment and cause?
- Do I feel superior to others because of this resentment and cause?
- Has this resentment affected my reputation?

The questions you ask yourself are up to you. Keep in mind that your own life experience will be your best guide in this process.

Continue working from top to bottom through the entire list of resentments and causes. Then move on to the next category.

My Relationships with Others

In this category, we look at how our resentments and their causes affected our relationships with other people in our lives.

On the surface the pain of disconnections from others would appear to be all the fault of the cause listed in column 2. In fact, our discomfort and feelings of ill will are of our own making. Our self-centered way of thinking and living is the true source of our anger towards others. We must understand that or risk remaining a victim of our own unresolved anger, our resentments.

The yes or no question here is: “Did the resentments and their causes in columns 1 and 2 impact or threaten my relationships with others?” If the answer is “yes”, check the box. If the answer is “no”, leave it blank.

Here are examples of questions to ask:

- Have I distance myself from family and friends because of the resentment?
- Do I avoid social events to prevent discomfort?
- Did anger prevent me from being a good or even adequate co-worker?
- Has the resentment kept me distanced from my cultural or religious communities?
- Did this resentment and its cause make my home life unhappy?

The questions you ask yourself are up to you. Keep in mind that your own life experience will be your best guide in this process.

Continue working from top to bottom through the entire list of resentments and causes. Then move on to the next category.

Future Plans

Here, we look at how the items listed in the first two columns (resentments and their causes) impacted or threatened our future ambitions and our plans for life as we hoped and dreamed it would be.

The yes or no question here is: “Did the resentments and their causes in columns 1 and 2 impact or threaten my plans for the future?” If the answer is “yes”, check the box. If the answer is “no”, leave it blank.

Here are examples of questions to ask:

- Has the resentment or its cause resulted in a change of my plans to have or to raise a family?
- Does this resentment and cause derail my plans for my career?
- Did the event change my plans for retirement?
- Have legal consequences affected the choices I am able to make about my future?
- Did the resentment cause a decrease in my ambition or efficiency?

The questions you ask yourself are up to you. Keep in mind that your own life experience will be your best guide in this process.

Continue working from top to bottom through the entire list of resentments and causes. Then move on to the next category.

You may not be able to define exactly how you were impacted negatively by a resentment or cause, but just feel or sense that you were. If you feel that you were impacted, check that box, even if you can't identify exactly why.

Remember that some resentments will end up having checkmarks in more than one column. For example: I have a resentment against my former boss. The cause was that she fired me for poor attendance. This impacted my money and material goods, my self-esteem and my future plans.

In columns 1 and 2, we have listed many resentments and their causes. Column 3 is where we may start to see patterns of dysfunction in our lives.

Unresolved resentments block us from being in close, loving relationships with others and from having a connection with our Higher Power. We are beginning to identify the sources and the consequences of our resentments. As we continue to work through the inventory process, we hope to begin to let go of our resentments. This is why it's important to be thorough and honest in this part of the exercise.

In order to make a searching and fearless moral inventory of ourselves, we must now gather the courage to look at the part we played in our resentments. We will be asked to admit the exact nature of our wrongs. Until now, we have looked at our resentments as things that happened to us. As we approach the fourth column, we will be asked to look at how our own actions may have resulted in creating and holding on to our resentments.

RESENTMENTS

Column 4

Starting with the information we have gathered so far, we now look at the role we played in creating or continuing our resentments. To this point, we have looked outward at the causes of our resentment: the people, places, and principles that have been the source of our resentments. Now we begin to look inward.

In this column, we inventory four categories of character defects that are common in compulsive gamblers. Where were we:

- Dishonest
- \$elfish
- Self-Centered
- Inconsiderate/Immature

We are first asked to look at dishonesty, either directly by commission or indirectly by omission. Then, we will look at \$elfish behavior. (No, that is not a typo, the use of the \$ sign is intentional. It signifies our attitude and behavior around money or material goods.) Next, we will inventory our self-centeredness, our "me-first" take on life. Finally, we will look at how we were immature or inconsiderate of others.

Each of these sub-columns will be explained in detail, as this is a critical part of the inventory process. "What was my part?" needs to be fully examined. This is important work. The specific data in the 3 preceding columns supplies us with the information we need to take an honest look at ourselves.

Let's look at each individual sub-column in column 4 on the resentment sheets.

Dishonesty

Compulsive gambling is often described as “the liar’s disease”. As we sink deeper and deeper into our gambling addiction, we find an ever-increasing need to lie. We lie to deflect or hide from financial chaos. We lie to cover unexplained absences in our family life. We lie to cover poor performance or absenteeism at work. We lie so much that it becomes a habit. Thinking that we are being clever, we tell outlandish lies. We lie even when we don’t need to. By lying so habitually, many of us even lose track of the things we have lied about.

Actively lying is considered dishonesty by commission.

Lying by commission is usually fairly easy to identify. Another side of being dishonest is by omission. When we lie by omission, we hide behind avoidance of the truth. We fail to correct misconceptions. We avoid accountability. We don’t share important information about our financial situation or about our emotions. We don’t tell our loved ones or our employers where we are going or where we have been. We avoid any situation or conversation that makes us feel uncomfortable. We are willing to do anything to maintain the image that we want others to see. We hide the truth from others and from ourselves. This form of dishonesty is pervasive among compulsive gamblers. We need to examine how we have lied by omission as well as by commission.

Our own dishonesty, either by commission or omission, plays a part in many of our resentments. We are talking mostly about verbal dishonesty here, we will address dishonest actions such as theft, financial manipulations etc.... when we examine dishonesty on the harms worksheets.

The yes or no question here is, “Did my dishonesty, either by commission or omission, play a part in creating or clinging to the resentment listed in columns 1 and 2?” If yes, place a check mark under “Dishonesty” in column 4.

Looking at the definitions listed above, have I acted dishonestly in the resentments I have listed? For example;

My part in I was resentful of my boss when she fired me is that I lied on my expense account. This illustrates dishonesty by commission.

My part in resenting that I did not feel supported in going to college is that I never shared my own dreams or aspirations. This illustrates dishonesty by omission.

My part in resenting my local school PTA for not including me is I never asked them why. This illustrates dishonesty by omission.

My part in the grudge I held because I wasn’t invited to a family wedding is that I had failed to show up at previous family events without explanation or with wild, elaborate excuses. This illustrates dishonesty by either method.

Keep in mind that your own life experience will be your best guide in this process.

Again, it is best to work your way all the way down this column before moving to the next. Some members find it helpful to write “C” or “O” next to the checkmark as a kind of reminder as to whether their dishonesty was by commission or by omission. Doing this may help to discover patterns in our dishonesty.

Let’s move on to the next sub-column.

Selfish

Although many of us arrived here because of financial issues, compulsive gambling is, at its heart, an emotional illness. As we examine our resentments concerning people, institutions, and principles, it is not surprising that many of these resentments may relate back to our attitudes and actions concerning money, financial issues, and material goods.

Remember that the \$ in this sub-column is intentional. It signifies our attitude and behavior around money or materials goods. Many of us have found that the drive for “more” plays a part in our resentments. For others, the comparison of one’s self to others and their circumstances around money or material goods contributes to our feelings of resentment.

Being resentful about money that we have lost or about others who are more “successful” than we have been is very common amongst compulsive gamblers.

Our relationship with money may create feelings of pride, unfairness, failure, and anger that have played a part in the resentments we have listed in the first two columns. We may feel a drive to compete with others and to come out on top. We may feel shame and envy about our own relationship with money and the role it has played in our lives.

Now we are asked to identify how our attitude about money and material things has played a part in our resentments.

The yes or no question we ask is: “Did my \$elfishness play a part in creating or holding on to the resentment listed in columns 1 and 2?” If yes, place a check mark under “\$elfish” in the sub-column.

Looking at the descriptions listed above, have I acted \$elfishly in the resentments I have listed?

My part in resenting my employer is that I felt I deserved more compensation and prestige than I had actually earned.

My part in holding a resentment with my credit card company is that I did not want to be responsible for late fees.

My part in my long-standing grudge against my sibling was that I was jealous of their financial success.

My part in my resentment with my best friend is that I was envious of her ability to buy a new car every other year.

Keep in mind that your own life experience will be your best guide in this process.

Again, it is best to work your way all the way down this column before moving to the next.

We may ask: “Why are we looking at our relationships with money and material goods when we are already asked to do a financial inventory?” Remember that this section of our moral inventory has us looking at our attitudes about relationships with money and material goods and how they relate to our continuing resentments.

Now let’s take a look at our Self-Centeredness.

Self-Centeredness

Self-Centeredness can be described as the attitude that what I want or need is more important than what you want or need. When we were in action, many of us were careless of the welfare of our family and our friends, often with disastrous results.

As compulsive gamblers, many of us have the feeling that things should come easily for us and that we are entitled to have what we want. Some of us may recall having these feelings for a long time, perhaps even from childhood. For others, these feelings grew stronger as our compulsion to gamble increased.

Phrases like, “I deserve some down-time. Leave me alone.” and “I am rewarding myself for my hard work—stop nagging me!” are familiar to the families and friends of compulsive gamblers. Justification of our actions is a common factor in self-centered behavior.

We tell ourselves that others around us do not understand how “special” we are or how difficult our lives really are.

When we feel our needs are not met, we feel frustrated and angry. We are easily offended and unable to recognize the needs of others.

Our feelings of entitlement and self-importance often result in ignoring the needs of anyone else in our lives, no matter how close a relationship we have with them.

Many compulsive gamblers come to the program feeling broken, isolated, and lonely. We feel we cannot maintain relationships with other people. We are unable to see how our own wants and needs impact other people around us. Our focus is so inward that we don’t see anyone else.

For many of us, these feelings of loneliness and being focused on ourselves stem from grief and other kinds of loss. Even so, the result is not caring about the wants and needs of others.

It's interesting that we often delude ourselves by defining our actions as selfless and caring. In reality, we are manipulating people and things because we can't look at ourselves honestly.

Many would define some of these behaviors as "selfish" and that is why, for the purpose of this inventory, we have designated "Selfish" as connected to the material world, not the emotional. We can think of emotionally selfish behavior as "Self-Centeredness".

Now we are asked to identify how our self-centered beliefs and behavior have played a part in our resentments.

The yes or no question we ask is: "Did my self-centeredness play a part in creating or holding on to the resentments listed in columns 1 and 2?" If yes, place a check mark under "Self-Centered" in the sub-column.

Looking at the descriptions listed above has my Self-Centered thinking and behavior played a role in the resentments I have listed?

My part in my resentment with my partner for leaving me is that I felt they should have trusted me to replace the money that I gambled away from our retirement account, even though I put our future at risk for my own impulsive desire for gratification.

My part in my resentment with my wife for how she berated me for not attending my children's events is that although I really meant to make it in time, I never showed up because I was gambling.

My part in my resentment with my college roommate is that I felt I deserved a place in the sorority that invited her to join and not me.

My part in resenting my cousin is that I felt they were favored by my grandparents. My self-centered view of this relationship caused me to carry a grudge for years, to the point that I refused to attend their wedding.

My part in my resentment with a grocery store clerk for declining my credit card is that I was embarrassed and humiliated because I felt they exposed my inability to manage my finances when they were just doing their job.

Keep in mind that your own life experience will be your best guide in this process.

Again, it is best to work your way all the way down this column before moving to the next.

A word about multiple check marks: You may be beginning to notice that many of the examples we are using can be attributed to more than one of the causes we have listed. You are not unusual! Many of us have found that we have shown up as, say, Selfish and Self-Centered in a given resentment. That's OK. It's also OK to check more than one column in this section for any specific resentment.

Inconsiderate/Immature

We define “Inconsiderate/Immature” as a lack of empathy for others. When we looked at being “Self-Centered”, we focused on how we considered our own needs as more important than the needs of others. Now, in addressing the heading of “Inconsiderate or Immature”, we look at our lack of consideration for others. Being inconsiderate/immature may also be called “careless” or “thoughtless”. Instead of focusing on our own needs to the detriment of others, in being inconsiderate/immature, we just plain do not think about the consequences of our behavior for others in our lives. When we acted in a self-centered way, we ignored the consequences; when we acted inconsiderately or with immaturity, we were not even aware of or concerned about the consequences to others.

Now we are asked to identify how our inconsiderate/immature behavior has played a part in our resentments.

The yes or no question we ask is: “Did my being inconsiderate/immature play a part in creating or holding on to the resentments listed in columns 1 and 2?” If yes, place a check mark under “Inconsiderate/Immature” in the sub-column.

Looking at the descriptions listed above has my inconsiderate/immature thinking and behavior played a role in the resentments I have listed?

My part in my resentment with my parents for asking me to move out is that I took their generosity for granted and did not consider the hardship that paying for my food and car payments created for them.

My part in my ongoing resentment with my sibling is that when I overheard them talking about my gambling problem, I felt they had no business doing so. Their judgment of me felt unfair, even though my gambling was creating financial and relationship problems with the rest of my family.

My part in my resentment with my employer for firing me is that I did not consider how my continued absenteeism made my co-workers scramble to cover my position.

My part in being resentful for being taken off the volunteer roster at my place of worship is that I did not consider that my unreliable attendance made it difficult to depend on me.

My part in my resentment with my spouse for cutting me off from the credit card is that I failed to consider the damage I was doing to our well-thought-out financial plan.

Keep in mind that your own life experience will be your best guide in this process.

Again, it is best to work your way all the way down this column.

Before we leave this section on resentments it is very important for us to take a look at a common dilemma facing many doing this inventory: justified resentments. The concept has been presented that

we have a part in starting or keeping a resentment going. While true in most instances it is not always so. Many in the rooms have been abused emotionally, physically or sexually by others, often as children. Some have been the victims of random acts of violence or crime. The result is anger that can scar and distort our lives. We do not in any way condone such behaviors and will not assign any blame unto those with such experiences. Our suggestion for those members that find themselves facing this dilemma is that they talk this out with their sponsor or other GA mentors. In particular, if other members in a room have shared such experiences, seek them out for a discussion on how they have dealt with this personal tragedy. At the same time a hard question will need to be asked. Have these justified resentments kept us blocked from moving forward in our recovery? Have we let trauma become our reason for failure in marriages, personal relationships or careers? No matter how we came to carry a justified resentment, we still need to be able to move on and to live differently. We will need to call on our Higher Power to help in this process.

Congratulations! Pat yourself on the back. Take a deep breath. You have completed the first part of a process that many people in recovery find almost insurmountable.

You have listed resentments that you still carry. You have taken ownership of your part in these resentments. You have begun the important work that will result in a thorough and meaningful Fifth Step.

You have learned the inventory method and applied it to your resentments. Now, the process will be repeated as we examine fears and harms.

FEARS

“Fear” is defined as feelings of anxiety, agitation, uneasiness, and apprehension. Fear may be temporary or continual. Fear that past experiences may be repeated can make us fearful in the present. Many GA members fear the unknown, which causes us to project our fear into the future.

Fear may be rational and based on our experiences or irrational, having no identifiable source.

Some of our fears have been caused by specific events; we may never know the source of other fears.

Fear may cause us to be unable to function or to “show up” for our friends, our families, our work, and ourselves. Fear may also be the cause of hasty or rash decisions and actions.

Many compulsive gamblers have lived with ongoing waves of fear. We feared being found out. We feared losing our jobs. We feared losing our money, our homes, and our relationships.

Inability or unwillingness to deal honestly with our fear can block us from connecting to a Higher Power.

As we work our GA program, we begin to understand that fear is the absence of faith.

FEARS

Column 1

On the worksheet, use the first column to identify and list your fears. Stay in this column, working your way down. As we mentioned in the “Resentments” sheet instructions, it may be tempting to look at the other columns on the worksheet, but experience shows us that it’s important to make a complete list using this first column without allowing our attention to stray.

Write all your fears down without censoring yourself or making judgments about them.

If you are questioning whether to put something on the list and it generates emotion or discomfort, include it.

In our lives, we may have been told or somehow feel that some fears on our list are imagined or exaggerated. It’s, sadly, not uncommon that people in our lives have downplayed or dismissed the impact of trauma in our childhoods or later in life. These fears are valid and need to be listed on our inventory.

As we try to identify our fears, some members find it helpful to list our fears chronologically, as a timeline of our lives from childhood to the present.

Some of us find it easier to move through the process using categories such as “Family”, “Work”, “Romantic Relationships”, “Recovery”, “Financial Institutions”, “Justice Systems,” and “Faith Communities”.

Still others of us may list our fears according to their impact or severity in our lives, with the most impactful fears at the top of our list.

These three methods are suggestions. There may be other ways to list your fears that make more sense to you.

Remember that the purpose of Column 1 is to simply list your fears. Once that is completed, it’s time to move on to the second column.

FEARS

Column 2

After creating as detailed a list as you can, the focus shifts to the next column on the sheet: “Cause” (or “why do I have this fear?”).

Remember that the “Fears” category is different from the “Resentments” category in that fear can be real, irrational, or imagined. It may be based on past experiences or have no definable cause. Because of this, sometimes the “Cause” may be “I don’t know.”

For each fear that you have listed, if you can, write down a word or brief phrase about the specific incident or memory that created the fear. Many of us find that our fears do not seem to have a direct source or cause. If this is the case for a specific fear that is on your list, write “I don’t know”, use a question mark, or simply leave it blank.

For instance, a fear might be “I am afraid of my ex-partner.” The cause may be, “They threatened to hurt me.” A fear might be, “I will lose my job.” The cause may be, “I have been performing poorly.” A fear may be, “I am afraid of being abandoned by people who are important to me.” The cause may be, “My father left the family when I was young.” You may write “I have a fear of flying.” The cause might not be apparent or may lack a logical reason. In this case write “I don’t know”, use a question mark, or simply leave it blank.

The cause that you list for each fear should be brief and to the point. Use a sentence, not a short story. It’s not uncommon for GA members who are identifying these causes to begin to feel caught in the memory or feeling that is evoked. Again, our experience shows that moving through the list from top to bottom as objectively as possible keeps us from reliving our entire story and becoming overwhelmed. Keep moving.

Again, it’s important to stay in this column and to work your way down. Do not let your attention stray to the other columns. (Many members find it helpful to cover the ensuing columns with a sheet of paper) Finish Column Two to the best of your ability before moving on to the next column.

Even though we encourage you to keep moving, it’s helpful to recognize that examining the causes of our fears may be troublesome for us. It can be challenging to identify our fears without falling back into fear. It’s easy for fear to create fear! This is where the phrase “Searching and Fearless” becomes especially meaningful. If you are feeling stuck or overwhelmed, pick up the phone and call your sponsor or a GA mentor.

Now, having worked through the causes of our fears, we turn our attention to the third column of the “Fears Sheet”.

FEARS

Column 3

After listing our fears and their causes as best we can, we will now examine them by looking at how our lives have been affected, using the following categories as a guide. These four categories are:

- Money or Material Goods
- View of Myself and My Place in Society
- My Relationships with Others
- Future Plans

We will look at each of these four categories and examine how our fears have impacted us.

Money or Material Goods

It is common for people to want to have enough money to live a comfortable life. This may mean owning or renting a home, access to reliable transportation, and the ability to feed and clothe ourselves and our families. Many of us find satisfaction, joy, and a sense of safety by accumulating “things”. Some of us strive to achieve or maintain a lifestyle that goes beyond these basics.

We now change the inventory method. Instead of writing about the listed items, we respond by checking a box on the worksheet. You are being asked to identify if the items in columns 1 and 2 (fears and their causes) impacted or threatened you in the area of money or material goods.

A simple yes or no question needs to be answered. “Has this fear threatened or impacted my Money or Material Goods?” If your answer is “yes” put a check mark in that column. If “no”, leave it blank. This is not the time for a deep thought process or to relive events. This “yes” or “no” process should be quick and instinctual. If we stop and do a deep analysis, we will bog down and possibly fail to move forward.

Here are examples of questions to help you decide if a check mark is needed: Did my fear motivate me to do anything, even of a harmful nature, to prevent financial insecurity? Is my employment threatened by this fear? Does my fear negatively impact the financial well-being of myself or my family? Has my fear of losing my house led me to take reckless financial risks?

The questions you ask yourself are up to you. Keep in mind that your own life experience will be your best guide in this process.

Continue working from top to bottom through the entire list of fears and causes. Then move on to the next category.

View of Myself and My Place in Society

In this category, we consider our perception of ourselves and how we are, or have been, treated by others.

We now look at how the fears and their causes in Columns One and Two have impacted our feelings of self-worth. Our fear may have caused us to hide our feelings or to act in an anti-social manner in order to maintain the image we want others to see.

The yes or no question here is: “Do the fears and their causes in columns 1 and 2 impact or threaten my view of myself or my social standing?” If the answer is “yes”, check the box. If the answer is “no”, leave it blank.

Here are examples of questions that we might ask ourselves: Does this fear affect how I view myself? Has my fear impacted how others see me or how I believe they see me? Has my fear kept me from participating in meetings, activities, or events? Am I ashamed because I am fearful?

The questions you ask yourself are up to you. Keep in mind that your own life experience will be your best guide in this process.

Continue working from top to bottom through the entire list of fears and causes. Then move on to the next category.

My Relationships with Others

In this category, we move from thinking about how we perceive ourselves and our place in society to looking at how our fears and their causes have affected our relationships with other people in our lives.

The yes or no question here is: "Have the fears and their causes in columns 1 and 2 impacted or threatened my relationships with others?" If the answer is "yes", check the box. If the answer is "no", leave it blank.

Here are examples of questions to ask: Do I distance myself from family and friends because of the fear? Do I fear social events and, so, not attend them? Did my fear of being inadequate prevent me from being a good co-worker? Did the fear of exposing my gambling problem keep me distanced from my cultural community? Did my fear of being "found out" create isolation from my partner or my family? Have I kept secrets about the reality of my addiction because I fear exposure?

The questions you ask yourself are up to you. Keep in mind that your own life experience will be your best guide in this process.

Continue working from top to bottom through the entire list of fears and causes. Then move on to the next category.

Plans and Ambitions for the Future

Here, we look at how the items listed in the first two columns (fears and their causes) have impacted or threatened our future ambitions and our plans for life as we hoped and dreamed it would be.

Many of us feel stuck in place because of our fear. It is common for compulsive gamblers to discover that our fears direct us in ways we may not even be able to identify.

Moving forward may seem impossible because we fear the future.

The yes or no question here is: "Did the fears and their causes in columns 1 and 2 impact or threaten my plans for the future?" If the answer is "yes", check the box. If the answer is "no", leave it blank.

Here are examples of questions to ask:

Do I fear my own ability to care for and provide for a family? Does my fear of dealing with health issues cause me to neglect proper health care? Has my fear of failure prevented me from pursuing training or

education that would offer me a better future? Has my avoidance of looking honestly at my finances allowed me to drain my retirement funds? Do I fear that my dishonesty will be discovered and that I will face legal consequences? Do I fear that if I admit my gambling problem, I will be abandoned and live out my life alone? Does fear cause me to avoid any situation where I may be uncomfortable?

The questions you ask yourself are up to you. Keep in mind that your own life experience will be your best guide in this process.

Continue working from top to bottom through the entire list of fears and causes.

You may not be able to define exactly how you were impacted negatively by a fear or cause, but just feel or sense that you were. If you feel that you were impacted, check that box, even if you can't identify exactly why.

Remember that some fears will end up having checkmarks in more than one area of impact. For example: I have feared that others will find out about my gambling. That fear has impacted my money and material goods, my view of myself, my relationships with others, and has threatened my future plans.

In columns 1 and 2, we have listed many fears and their causes. Column 3 is where we may start to see fear-based patterns of dysfunction in our lives.

Our fear may have blocked us from being in close, loving relationships with others and from having a connection with our Higher Power. We are beginning to identify the sources and the consequences of our fear. As we continue working the 12 Steps of Recovery, we may gain insight into the fears we have listed in this inventory. Through the Steps, we may learn new ways of addressing our fears. This is why it's important to be thorough and honest in this part of the exercise.

We now look at how our fear-driven decision-making has caused us to act in ways that have harmed ourselves and others. We may find that these patterns of decision-making continue to cause harm.

FEARS

Column 4

We will be asked to admit the exact nature of our wrongs. Until now, we have looked at our fears as things that happened or could happen to us. As we approach the fourth column, we will be asked to look at how our own actions may have resulted in creating and/or holding on to our fears.

Starting with the information we have gathered, we can now look at the role we played in each of our fears. To this point, we have looked outward at the cause of our fear: the people, places, and principles that we have blamed for our fears.

We have discovered that some of our fears do not have a cause.

In this column, we inventory four categories of character defects that are common in compulsive gamblers. Where were we:

- Dishonest
- \$elfish
- Self-Centered
- Inconsiderate/Immature

We are first asked to look at dishonesty, either directly by commission or indirectly by omission. Then, we will look at \$elfish behavior. Remember that the use of the \$ sign is intentional. It signifies our attitude and behavior around money or materials goods. Next, we will inventory our self-centeredness, our “me-first” attitude. Finally, we will look at how we were inconsiderate/immature in our behavior.

The specific data in the three preceding columns supplies us with the information we need to take a searching and fearless look at ourselves.

Let’s turn to the individual sub-columns in column 4 on the fears sheet.

Dishonesty

Dishonesty, in many forms, is a common characteristic of compulsive gamblers. Dishonesty based on fear is an area that we need to examine. Fear-based dishonesty can show up in our finances, our relationships, our interactions with institutions and how we respond to social expectations. Remember that dishonesty can happen by commission (deliberate actions like lying or stealing) or by omission (avoidance or keeping secrets).

Now, we can look at how our dishonesty has impacted our lives and the part that we have played in continuing our dishonest behavior.

We may have thought that our fear justified our dishonesty. Our fear sometimes caused us to act dishonestly. At other times, our fear paralyzed us.

We allowed ourselves to believe that our dishonesty didn’t really hurt anyone.

Dishonesty as a response to fear is, perhaps, a natural part of being human. Many of us were served well by being dishonest in the face of threats or by protecting secrets.

As compulsive gamblers, dishonesty became a part of who we were. We told outlandish lies. We lied even when we didn’t need to. We stole from our families and our employers. We kept secrets about our gambling from our loved ones.

We were willing to do anything to maintain the image that we wanted others to see. We hid the truth from others and from ourselves. Dishonesty is pervasive among compulsive gamblers.

Fear and dishonesty have a “chicken and egg” relationship—which one came first? Fear may drive our dishonest behavior; our dishonest behavior may be the source of our fear. Right now, as we work on this part of our inventory, it may not be necessary to identify exactly which came first. Instead, we need to recognize that our dishonesty and our fear are intertwined.

Many of us have discovered that fear has caused us to rely on unhealthy behaviors and beliefs to deal with life. Dishonesty may be one of the things that we have learned to rely on.

As we move forward, remember that this process is not about “good” and “bad”, but about discovering the truth.

Move through the list of fears you created in column 1. For each of the fears listed, ask the question: “Did I respond to this fear and its cause by behaving dishonestly?”

If the answer is yes, place a check mark under “Dishonesty” in column 4. If the answer is no, leave this box blank.

For example, “My fear of homelessness started when I was a child. We never knew where we would be living, because our income was so unpredictable. When I gambled, I dreamed I would use the money I won to pay my mortgage. In doing so, I was dishonest with myself about the reality of my behavior. I also hid the financial consequences from my partner.”

“I feared exposure when I stole from my employer to get gambling money. I was sure I could pay it back before anyone found out. When I realized that paying it back was impossible, I became paralyzed by fear. I feared being called a thief, getting fired, and being arrested for my dishonesty.”

“My fear of being judged about my body kept me from swimming with friends. I lied that I had forgotten my swimsuit. In reality, I was ashamed of how my body looked.”

“I feared spending time with my family. When I didn’t join them, they believed I was busy with work. I was misdirecting their attention away from the truth: I avoided them because I feared that they would discover how hopeless and exhausted I was due to gambling.”

You may have listed fears that did not cause you to act dishonestly. Not all of our fears will result in a checkmark in this column.

For example, “I have a terrible fear of spiders. I don’t have any memory or reason concerning where this fear came from.” My fear of spiders has not resulted in any dishonest behavior. This fear does not require a checkmark in this column.

Keep in mind that your own life experience will be your best guide in this process.

Again, it is best to work your way all the way down this column before moving to the next. Some members find it helpful to write “C” or “O” next to the checkmark as a kind of reminder as to whether their dishonesty was by commission or by omission. Doing this may help to discover patterns in our dishonesty.

Let’s move on to the next sub-column.

\$elfish

It is not surprising that many of our fears may relate back to our attitudes and actions concerning money, financial issues, and material goods.

Here is where we look at how we have shown up in life and how our \$elfishness has impacted ourselves and others.

Remember that the \$ in this sub-column is intentional. It signifies our attitude and behavior around money or material goods. Our actions may be driven by not having “enough” or by our desire to acquire “more”.

Our fear may have caused us to act impulsively when dealing with money. It may have led to us intentionally covering up our selfish behaviors. Uncertainty about the future may have motivated us to behave \$elfishly with family, friends, and employers.

How our fears show up in this category may be subtle or obvious.

The yes or no question to ask yourself here is: Did my fear cause me to act \$elfishly? If the answer is yes, put a check in this box; if no, leave it blank.

Here are some examples of how our fears have shown up as \$elfishness:

“I fear that I will run out of basic supplies at work. I stockpile pens and do not share them with co-workers, which is \$elfish behavior.”

“I fear being judged by my neighbors, so I bought a very expensive car that I cannot really afford.”

“Because I feared not having enough money to continue gambling, I chose not to purchase the CPAP machine that my doctor ordered.”

“I fear I will lose my home due to foreclosure because I used my mortgage money for gambling.”

“I don’t know why I fear making major purchases; I have the money but the fear causes anxiety every time.”

Your own life experience will be your best guide in this process.

Again, it is best to work your way all the way down this column before moving to the next. Remember that it is best to move quickly, from top to bottom.

Let's turn to the next sub-column.

Self-Centered

Self-Centeredness can be described as the attitude that what I want or need is more important than what you want or need. We just looked at our selfish behavior. While selfishness has to do with monetary or material goods, self-centeredness is about how our behavior has been emotionally damaging.

We often rely on our ingrained fears to justify why we need things to be a certain way in order for us to be comfortable. We don't even consider the needs of others.

The fight, flight, or freeze instinct that is associated with fear causes us to be unable to be aware of how other people might be impacted.

Fear causes us to feel that we might not be able to survive uncomfortable situations. We may be asked to do things that are "too hard" or "too scary".

We might avoid these situations or try to control them. We may also try to avoid or control the people around us in an effort to avoid feeling distressed.

It is common that we may fear discovery or exposure. We need to maintain the image that we want others to see.

We are unable to see how our own wants and needs impact other people around us. Feelings of shame or fear turn our focus inward so that we cannot see anyone else.

Now we are asked to identify how our fears have resulted in behavior that has impacted ourselves and others.

The yes or no question we ask is: "Did my self-centeredness play a part in creating or holding on to the fears listed in column 1?" If yes, place a check mark under "Self-Centered" in the sub-column.

Here are examples of how our fears have resulted in being self-centered:

"My childhood fear of being carsick causes me to demand a front seat whenever I am driving with others. I make a self-centered assumption that my needs will always come first."

"I feared that my child's poor decisions would reflect on my parenting. My self-centered attempts to control them resulted in resentment and, eventually, estrangement."

“My fear of not being able to gamble caused me to control our family vacation plans. I needed to be near a casino. It didn’t matter to me what others wanted to do or where they wanted to go.”

“My fear that my opinions were not heard or understood often resulted in a defensive outburst of anger.”

Your own life experience will be your best guide in this process.

Again, it is best to work your way all the way down this column before moving to the next. Remember that it is best to move quickly, from top to bottom.

Let’s turn to the next sub-column.

Inconsiderate/Immature

We have examined our self-centered behavior. We have looked inward at our “me first” approach to life.

This sub column asks us to look outward at how our inconsiderate/immature view of life prevents us from taking responsibility for ourselves. Where have we been thoughtless in our actions and careless in our treatment of others? We often avoid looking at the consequences for ourselves and others.

We have difficulty recognizing our responsibilities. We ignore the expectations of our social, cultural or faith communities. We dismiss our financial responsibilities. We resent any authority that attempts to direct or control our behavior.

Our fear often results in childlike behavior. We avoid opening the mail. We do not answer the phone or return calls. We resent attempts to make us face the consequences of our behavior. We expect someone else to clean up the mess.

To move forward with a thorough moral inventory of ourselves, we need to identify when we were, and possibly still are, inconsiderate/immature. Our fears, real or imagined, identified or mysterious, can be the result of our failure to face life with maturity.

The yes or no question we now ask is: Have the fears I listed caused me to be inconsiderate or immature? If the answer is yes, place a check mark in the inconsiderate/immature column. If the answer is no, leave it blank and move on to the next item on the list.

Here are some examples of how our fear has caused us to act inconsiderately or with immaturity:

“I fear running into my cousin at family gatherings. I incurred parking tickets while borrowing their car and never paid them. My cousin ended up paying the fines and I never apologized, thanked them or paid them back.”

“I am fearful of foreclosure on my home. Notices from the mortgage holder end up in my unopened pile of mail.”

“I am unhappy in my marriage but am fearful of seeking therapy or divorcing my spouse. I don’t want to face the judgment of my community by acting against our cultural norms. I put off making a decision because I don’t want to face the consequences.”

“When gambling, I avoided answering messages from my spouse, fearful I was going to have to stop gambling.

You have listed your fears and their causes (when known). You’ve identified how your life has been impacted or threatened by these fears. You’ve also taken a good look at how you have allowed these fears to create a pattern of behavior.

You are continuing the important work that will result in a thorough and meaningful Fifth Step.

Now, the process will be continued as we inventory harms.

HARMS

We now turn to the category called Harms. “Harms” can be defined as actions which have resulted in emotional or physical pain or that have created damage or injury.

In working through this part of the inventory, we may come to recognize that our harmful acts are often a source of shame and guilt.

We may discover that our harmful behaviors are not exclusively related to our gambling. Our harmful behaviors may also be part of a lifelong pattern.

Sometimes the harms we have caused are easy to identify. Examples are: Theft, damage to family finances, property damage, threats and physical violence.

Some harms can be more difficult to identify. Examples are: Emotional pain caused to others, not being present in a relationship, manipulation, creating fear in others, abandonment, and neglecting our responsibilities.

One specific category of harms that may be uncomfortable to look at is related to sex. It is not uncommon to discover that we have manipulated others, been unfaithful, or used sex as a way to distract ourselves or our partners. This may be a pattern of behavior that we established even prior to our gambling. Perhaps we used sex to numb ourselves to the pain we suffered or caused. Have we demanded sex, withheld sex, or bartered sex? Remember: This is a searching and fearless process. Do not let this difficult subject area keep you from completing a useful inventory. Reach out to your sponsor or other GA mentors to discuss this often uncomfortable topic.

A word about exploring harms: It may feel natural or common to also include the harm that we have done to ourselves and that instinct is certainly valid. For the purposes of this inventory process, we are focusing on the harms that we have done to others. As always, consulting your sponsor or GA mentors may be helpful.

HARMS

Column 1

In the first column we list the people or institutions that were harmed by our actions.

Remember that some people or institutions may have been harmed by more than one of our actions. You will need to leave space for this on the sheet. Move quickly down the page without looking ahead at the other columns. As with our work with our resentments and fears, we may want to categorize these people or institutions by type, by family or in chronological order.

After finishing the first column (those we have harmed), we move to the second column.

HARMS

Column 2

In column 2 we summarize the specific harms that we have caused to the people or the institutions that we listed in the first column. If you find you have harmed the same person/institution in multiple ways, list each specific harm on its own line.

Be thorough in listing harms to people and institutions. Write briefly about the specific harm. This is a sentence or phrase, not a short story or a novel.

Here are some examples that might be helpful to think about as you start your list of harms: Did I steal from my employer to cover gambling debt? Did I use sex with my partner in order to distract them from my gambling? Did I default on a loan or credit card? Did I leave my children alone so that I could gamble? Did I cause discord in my faith community? Did I cheat to advance my status? Did I gossip about other people? Did I physically or emotionally harm someone?

Keep in mind that your own life experience will be your best guide in this process. Now we move on to column three.

HARMS

Column 3

Now we look at the way that we have been impacted or threatened by our harmful behavior. The sub-columns are:

- Money or material goods
- View of Myself and My Place in Society
- Relationships with others
- Future plans

Money or Materials Goods

As we have done previously, with our Resentments and Fears sheets, we now respond by checking boxes on the Harms worksheet. You are being asked to identify if the items in columns 1 and 2 (Harms) impacted or threatened you in the area of money or material goods.

A simple yes or no question needs to be answered. "Has the Harm that I listed threatened or impacted my Money or Material Goods?" If your answer is "yes" put a check mark in that column. If "no", leave it blank. This is not the time for a deep thought process or to relive events. This "yes" or "no" process should be quick and instinctual. If we stop and do a deep analysis, we may fail to move forward.

Here are examples that may help you decide if a check mark is needed: Did opening "secret" credit cards create financial stress? Did my unreliable work performance threaten my income? Did I lose family heirlooms by pawning them? Did I renege on my commitment to donate to my local charity because all my money went to my gambling debts? Did defaulting on loans cause me to lose my car/house? Was I unable to seek bailouts from my friends because I didn't repay them?

The questions you ask yourself are up to you. Keep in mind that your own life experience will be your best guide in this process.

After completing this sub-column move on to the next: View of My Place in Society.

View of Myself and My Place in Society

In this column we are asked to examine if our harm to others listed in columns 1 and 2 impacted or threatened our social standing or sense of self-worth.

Harms that result in legal consequences, failed relationships and lost jobs have an impact on us. We may feel that we are judged or that others are looking down on us. Our self-worth is negatively impacted. Compulsive gamblers may receive public attention for their actions. The public shame and the guilt that accompany these harms can be overwhelming. Suicidal thoughts may arise.

Sometimes the harm and its cause were intended to boost our egos. We harmed to feel better about ourselves and to maintain the image we wanted others to see.

A simple yes or no question needs to be answered. "Has the Harm that I listed threatened or impacted my view of myself or my social standing?" Did the harm make me feel better than or less than others? If the answer is "yes", check the box. If the answer is "no", leave it blank." This is not the time for a deep thought process or to relive events. This "yes" or "no" process should be quick and instinctual. If we stop and do a deep analysis, we may fail to move forward.

Examples might be: When I gossiped and spread lies about my supervisor, my reputation at work was negatively affected. I lost friends by lying about my gambling which made me feel depressed and

isolated. I felt ashamed because my infidelity led to divorce. I feel I am a failure because I harmed my partner by using our retirement money to gamble. I felt guilty when my department was audited due to my abuse of the expense account. When my arrest was shared on social media, the exposure harmed the social standing of myself and my family. As mentioned previously your personal experiences will be your guide in this exercise.

Once again, an instinctual yes or no is called for. Check or no check, moving top to bottom, before moving on to the next sub-column: Relationships with others.

Relationships with others

The GA Blue Book, Sharing Recovery Through Gamblers Anonymous states in Step 1: “We continued to gamble. We found we had risked loss of family, friends, security and jobs. We still continued to gamble”. The harms listed in columns 1 and 2 often result in others stepping back from us. Broken promises, failing to be present in relationships, loss of trust and many other symptoms of compulsive gambling become barriers between ourselves and the world around us. We become isolated and alone.

It is important to recognize there were also harms and impacted relationships prior to our stepping across that invisible line into irresponsible, uncontrolled gambling. Our character defects have been active and harming our relationships with others for a long time.

A simple yes or no question needs to be answered. “Did the harms listed in columns 1 and 2 impact or threaten my relationships with others?” If “yes” check the box if “no” leave it blank.

Some examples might be: I became estranged from family after failing to repay debts. My unreliability and distracted behavior at work caused co-workers to avoid me. My return to gambling resulted in my spouse filing for divorce. I spread false rumors about classmates and I was excluded from my social circle in school. My promiscuity harmed many valued relationships. My children still do not trust me because I was absent in their lives due to my gambling.

Your own personal history of failed relationships will be your guide.

After completing this column move onto the last sub-column in column 3, future plans.

Future Plans

The harms listed in columns 1 and 2 can have lasting impact on our lives. Our future plans of a family, career, retirement and even our physical health are threatened, if not outright destroyed. Along with the shame and guilt usually associated with harms, we may feel anxious. This anxiety can show up as worry and uncertainty about our future.

The yes or no question to be asked in this column is “Did the harm listed in columns 1 and 2 impact or threaten my future plans?” By now you know the drill. If “yes” check the box, if “no” leave it blank and move onto the next item in columns 1 and 2.

Some examples might be: My inappropriate conduct on social media caused me to lose a scholarship. Will I be able to have the career I had planned? Due to all of my past secrets and lies, I feared intimate relationships. Will I be alone forever? I used mortgage money to gamble and now my home is in foreclosure. Where will I live? I lied to my partner about gambling. Will they leave me? My embezzlement became public knowledge. Will anyone trust me again?

Your own personal uncertainty of the future will guide you as you work this sub-column.

With the completion of this sub-column move on to Column 4: What was my part? The exact nature of my wrongs. My moral makeup.

HARMS Column 4

Just like on the sheets for resentments and fears, we next look at our part in the harms listed.

In this column, we once again inventory four categories of character defects that are common in compulsive gamblers. Where were we:

- Dishonest
- Selfish
- Self-Centered
- Inconsiderate/Immature

Dishonesty

The first sub-column is dishonesty either by commission or omission. For each harm listed in columns one and two, identify if that harm included dishonesty. Times when I was openly dishonest by my actions or words are identified as dishonesty by commission. Dishonesty by omission is more indirect and can sometimes be more difficult to identify. For example, we often overlook that we can harm by keeping secrets.

It may help clarify the exact nature of each harm by using not only a check mark in the sub-column box but also a C or O to signify commission or omission.

Some very common examples of dishonest harms by commission are: Theft - I stole from my employer. Domestic abuse - after being confronted about my lies, I assaulted my partner. Vandalism - I attacked and damaged a machine after losing and denied it when I was confronted. Gossip - I passed along a rumor that I knew to be untrue. Infidelity - I secretly had sex outside of my committed relationship. False narratives - I harmed a family member by lying about them. These are just a few examples of direct, dishonest harmful behaviors. Your own experience will be your guide.

Some examples of dishonest harms by omission might include: I stayed silent while others were blamed for my harmful acts. My frequent trips to the grocery store were masking my addiction to scratch offs. When co-workers asked me what I did over the weekend, I was vague in my answer, when in reality I spent the weekend at the casinos. No one knew the truth of the unmanageability of my life, because I

was careful to only show the image I wanted others to see. These are just a few examples of indirect dishonest harmful behaviors. Your own experience will be your guide.

Again, it is best to work your way all the way down this column before moving to the next. Some members find it helpful to write “C” or “O” next to the checkmark as a kind of reminder as to whether their dishonesty was by commission or by omission. Doing this may help to discover patterns in our dishonesty.

Let’s move on to the next sub-column.

\$elfish

Remember that the \$ sign used in \$elfish is intentional. It is a reminder these harms are based on our desire for money or material goods. Compulsive gambling is an emotional illness often with an obsession to acquire more and more.

The question to be asked is, did my \$elfish behavior play a part in this harm listed in columns one and two? Some common examples found in compulsive gamblers are: defaulting on credit cards, pawning family goods, theft from employers, reluctance to use gambling money for normal expenditures, or making extravagant “big shot” purchases. If yes, check the box and move on. Your own experience will be your guide. Continue working top to bottom before moving to the next sub-column.

Self-centered

Our “me first”, self-centered approach to life can be harmful in many ways. Putting ourselves first can cause great emotional harm. It can damage relationships with our family, friends and co-workers. Self-centeredness is often the root cause of harms. I want what I want and I want it now! I don’t care who I hurt or what I need to do to get it! A self-centered approach to life is often a life of chaos and unmanageability. The question to be asked here is: “Did my self-centeredness play a part in the harms listed in columns 1 and 2”?

Some examples may be: I recognized my partner was hurt by my gambling and I still continued to gamble. I hurt my family by making decisions I knew were against their wishes. I used the monthly health insurance premium to gamble and left my family without coverage. I caused my parents emotional harm by always being late or not showing up to family gatherings. I was continually late, not caring how my unreliability affected others.

Your own experience will be your guide. Continue working top to bottom before moving to the next sub-column.

Inconsiderate/Immature

We have examined the inward self-centered behaviors. This sub-column asks to examine our part in harms based on my “I don’t care” attitude toward others. Did we consider the impact our actions would

have on others? Did we consider the act and do it anyway? If we did, do we care? Did a sense of entitlement result in harms? Does our immature outlook have us harming time and time again?

The question to ask yourself: Did my immature/inconsiderate behavior have a part in creating the harm in columns 1 and 2? Did my immature/inconsiderate behavior result in me continuing to harm others? Yes or no, moving through the column top to bottom.

Some examples of inconsiderate and immature behaviors might be: I did not consider how my embezzlement would impact my company. I picked fights with my partner so I could justify leaving to gamble. I kept purchasing more and more things I did not need, instead of paying my bills. I thought long and hard about the consequences of not paying my income taxes, I still chose not to pay them. I made appointments and then never showed up or called wasting other people's valuable time.

Your own experience will be your guide in completing this sub column. Continue working top to bottom.

Congratulations! You have completed a searching and fearless inventory. Well, almost. Just like any inventory the information gathered needs to be examined.

THE VALUE OF YOUR COMPLETED SHEETS

The checkmarks you have placed in each sub column on the sheets can reveal patterns of your thoughts and actions that have worked against you. Columns 3 and 4 contain insight into how you approached life and gives you a deeper understanding of your own behavior: Behaviors that have blocked you from your Higher Power, blocked you from healthy relationships and blocked you from success in many aspects of your life.

Column 3 shows you what parts of self have been impacted by holding onto resentments, living a life of fear, and harming others. We now begin to see we have been living a life directed by our character defects found in column 4. For most this can be a major shift in thought and view of one's self. We tend to be stuck in the first 2 columns. Who or what are we still angry at? What do we fear? Whom have we harmed? If we remain there, we will remain stalled in our recovery. The true gifts of this informative inventory are the patterns found in examining columns 3 and 4.

In our experience, the four character defects listed in Column 4's sub-columns are broad enough that we will find that our own specific personal behaviors will fit within one of these columns. For example: procrastination fits as personal dishonesty by omission, prejudice can be a form of self-centeredness or immature/inconsiderate behavior, and greed fits easily in the sub-column of Selfishness.

Does column 4's recognition of the exact nature of our wrongs sound familiar? It should, because you are preparing for Step 5 of our Recovery Program which states "Admitted to ourselves and to another human being the exact nature of our wrongs". You have worked the sheets in a left to right orientation. Now the value lies in reversing that orientation by reading the sheets from right to left.

In preparation for your 5th step, select an item or 2 from each set of sheets and beginning with the phrase "Because of my...." address the items with a right to left read.

Let's look at an example from the harms worksheet: Because of my dishonesty, (Column 4) I stole from my employer (Columns 1&2). That impacted my view of myself, (Column 3) and my place in society

(Column 3). It impacted my self-esteem (Column 3). It threatened my relationships with co-workers, (Column 3) and my plans for the future would fall apart if my theft were to be discovered (Column 3). This is a much more powerful and direct look at the exact nature of our wrongs than the simple statement: "I stole from my boss".

Let's look at an example from the fears worksheet: Because of my immature/inconsiderate view of life, (Column 4) I was afraid of meeting with my tax advisor, (Column 1) and having to explain my finances (Column 2). This fear impacted my view of my place in society/my self-esteem, (Column 3) I was fearful of not having enough money to pay my taxes (Column 3), all of which made me fearful of my future (Column 3). This is a much more powerful and direct look at the exact nature of our wrongs than the simple statement: "I fear my tax advisor".

Let's look at an example from the resentment worksheet: "Because of my selfish behavior (Column 4), I held onto my resentment (Column 1), about credit cards and their late fees (Column 2). This impacted my credit rating and future plans (Column 3), my view of self and place in society was impacted (Column 3), my relationship with my partner/spouse was effected because of my credit history (Column 3). This is a much more powerful and direct look at the exact nature of our wrongs than the simple statement: "I resented credit card companies".

These "Because of my" statements highlight our part in each example. A growing awareness of our character defects and the exact nature of our wrongs can at first be unsettling; however it is an essential part of our spiritual growth.

We have looked deeply into our character and have uncovered some painful and embarrassing truths about ourselves. Isn't that enough? No, it is not. Now we must muster the courage to share our inventory with another person as Step 5 states.

Recovery Step 5: Admitted to ourselves and to another human being the exact nature of our wrongs.

A great resource on the 5th Step can be found in the GA Blue Book, Sharing Recovery through Gamblers Anonymous. After reading the information in chapter 5 talk with your GA sponsor or mentors on how best to proceed with your 5th Step. Failure to move forward in doing the 5th Step could result in returning to our old ways of thinking and living.

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Appendix A

Including a Positive Inventory

The 4th Step inventory is a critical step as a catalyst for profound change, urging members to not only identify but also to confront the negative aspects of their personality that fuel their compulsive behaviors, thereby obstructing their path to recovery, spiritual growth, and healthy relationships.

However, recovery isn't solely about focusing on the negative. Many members find value in balancing their inventory by also recognizing their positive traits. This practice, while highly individualized, can be as simple as making it a topic of discussion with a sponsor or mentor or a written narrative to share with your sponsor. The aim is to provide a more holistic view of one's self, acknowledging that amidst the flaws, there are also strengths worth recognizing and building upon.

The transformation from recognizing character defects to cultivating positive attributes marks a significant turning point in recovery. This transformation, which starts with a thorough and fearless 4th Step inventory, is both powerful and healing. Members often experience a shift from ingrained negative behaviors to more positive, constructive ones, such as moving from dishonesty to honesty, self-centeredness to empathy, and fear to faith.

The journey through the 4th Step inventory can be challenging, potentially leading to feelings of self-loathing or worthlessness. Engaging in a positive inventory can illuminate a more balanced self-perception and foster a positive self-image. Ultimately, the objective of this thorough and fearless inventory process is to guide members to return to a healthy way of thinking and living. This will enable them to overcome obstacles to recovery and embrace a future defined by growth and positive transformation. Whether or not this journey leads to the inclusion of a positive inventory is up to the individual member.

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Appendix B: Blank Worksheets

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You may make copies of the blank worksheets for your own use

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RESENTMENTS

| COLUMN 1 I RESENT | COLUMN 2 THE RESENTMENT SHORT DESCRIPTION | COLUMN 3 HOW WAS I IMPACTED OR THREATENED | | | | COLUMN 4 WHAT WAS MY PART? THE EXACT NATURE OF MY WRONGS MY MORAL MAKEUP | | | | | | | | | | | | | | |
|----------------------|---|--|---|------------------------------------|--------------------|---|------------------|---------|---------------------------|--|--|--|--|--|--|--|--|--|--|--|
| | | Money or Material Goods | View of myself and My Place in Society | My Relationships with Others | My Future Plans | Dishonest by Commission or Omission | Self Centered | Selfish | Inconsiderate Immature | | | | | | | | | | | |
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FEARS

| COLUMN 1 MY FEAR WHO/WHAT | COLUMN 2 CAUSE SHORT DESCRIPTION | COLUMN 3 HOW WAS I IMPACTED OR THREATENED | | | | COLUMN 4 WHAT WAS MY PART? THE EXACT NATURE OF MY WRONGS MY MORAL MAKEUP | | | |
|-------------------------------------|--|--|---|-----------------------------------|-----------------------|---|------------------|---------------------------|--|
| | | Money or Material Goods | View of Myself and My Place in Society | My Relationship with Others | My Future Plans | Dishonest by Commission or Omission | Self Centered | Inconsiderate Immature | |
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HARMS

| COLUMN 1 I HARMED WHO/WHAT | COLUMN 2 THE HARM SHORT DESCRIPTION | COLUMN 3 HOW WAS I IMPACTED OR THREATENED | | | | COLUMN 4 WHAT WAS MY PART? THE EXACT NATURE OF MY WRONGS MY MORAL MAKEUP | | | | | | | | | | | | | | |
|--------------------------------------|---|--|---|------------------------------|-----------------------|---|-------------------|---------------------------|--|--|--|--|--|--|--|--|--|--|--|--|
| | | Money or Material Goods | View of Myself and My Place in Society | Relationships with Others | My Future Plans | Dishonest by Commission Or Omission | Self- Centered | Inconsiderate Immature | | | | | | | | | | | | |
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HARMS

| COLUMN 1 I HARMED | COLUMN 2 THE HARM | COLUMN 3 HOW WAS I IMPACTED OR THREATENED | | | | COLUMN 4 WHAT WAS MY PART? THE EXACT NATURE OF MY WRONGS MY MORAL MAKEUP | | | |
|----------------------|----------------------|--|---|------------------------------|-----------------------|---|------------------------------|---------------------------|--|
| WHO/WHAT | SHORT DESCRIPTION | Money or Material Goods | View of Myself and My Place in Society | Relationships with Others | My Future Plans | Dishonest by Commission Or Omission | Selfish Self- Centered | Inconsiderate Immature | |
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Appendix C: Example Worksheets

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RESENTMENT

| COLUMN 1 I RESENT | COLUMN 2 THE RESENTMENT | COLUMN 3 HOW WAS I IMPACTED OR THREATENED | | | | COLUMN 4 WHAT WAS MY PART? THE EXACT NATURE OF MY WRONGS MY MORAL MAKEUP | | | |
|-----------------------|---|--|---|------------------------------------|--------------------|---|---------|------------------|---------------------------|
| | | Money or Material Goods | View of Myself and My Place in Society | My Relationships with Others | My Future Plans | Dishonest by Commission or Omission | Selfish | Self Centered | Inconsiderate Immature |
| Son | Late for Easter | X | X | X | X | | X | X | X |
| Friend | Why do you always have to... | | X | X | X | | X | | ? |
| Sister | I feel excluded in her family | | X | X | X | | X | X | X |
| Renter | He leaves the lights on | X | | | X | X | X | X | X |
| Peers | Their lives looks "better" and easier than mine | X | | | X | | X | X | X |
| My sister | Her bigotry and judgmental outlook. | | X | X | X | | X | X | |
| Mother | Her Alcoholism | | X | X | | | X | X | X |
| | Her passive aggressive behaviors | | X | X | | | X | X | X |
| | Treatment of my Dad | | X | X | | | X | X | X |
| Catholic Church | Monetary demands on my parents | X | X | | | | X | X | X |
| Societal expectations | Men don't express feelings | | X | X | | | | X | X |
| Societal Norm | Women aren't paid as much as men | X | X | X | X | | X | | X |

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FEARS

| COLUMN 1 MY FEAR | COLUMN 2 CAUSE | COLUMN 3 HOW WAS I IMPACTED OR THREATENED | | | | COLUMN 4 WHAT WAS MY PART? THE EXACT NATURE OF MY WRONGS MY MORAL MAKEUP | | | | | | | | | | | | |
|-------------------------------------|---|--|---|------------------------------------|--------------------|---|---------|------------------|---------------------------|---|--|---|--|--|--|--|--|---|
| | | Money or Material Goods | View of Myself and My Place in Society | My Relationships with Others | My Future Plans | Dishonest by Commission or Omission | Selfish | Self Centered | Inconsiderate Immature | | | | | | | | | |
| WHO/WHAT | SHORT DISCRPTION | | | | | | | | | | | | | | | | | |
| Losing people who love me | Not having many close people and seeing them aging and being sick | X | X | X | X | | | | | X | | X | | | | | | X |
| People discovering my secrets | Growing up in family with secrets and hiding my own | X | | X | X | | | | | X | | X | | | | | | X |
| Losing my house | I still have 21 years on mortgage | X | X | X | X | | | | | | | X | | | | | | X |
| Kids stop talking to me | Involved in their own lives | X | X | X | X | | | | | | | X | | | | | | X |
| People pretend to like me | Old tape I'm not good enough | X | X | X | X | | | | | | | X | | | | | | |
| Retirement | Gambled away my retirement savings | X | X | | X | | | | | | | X | | | | | | X |
| My son's wellbeing | His mental health diagnosis | | X | | X | | | | | | | | | | | | | X |
| IRS and MN Dept. of Revenue | Unpaid taxes | X | X | | X | | | | | | | X | | | | | | X |
| A feeling of being inadequate | unknown | | X | | X | | | | | | | | | | | | | X |
| | | | | | | | | | | | | | | | | | | |

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HARMS

| COLUMN 1 HARM | COLUMN 2 CAUSE | COLUMN 3 HOW WAS I IMPACTED OR THREATENED | | | COLUMN 4 WHAT WAS MY PART? THE EXACT NATURE OF MY WRONGS MY MORAL MAKEUP | | | | |
|------------------------|---|--|--------------------------------------|------------------------------|---|---|---------|------------------|-------------------------------|
| | | Money Or Material Goods | View Of My Place In Society | Relationships With Others | Future Plans | Dishonest By Commission Or Omission | Selfish | Self Centered | Immature and Inconsiderate |
| High School girlfriend | Forced her to have sex | | X | X | X | | | X | X |
| My Children | Divorce due to my gambling | Y | X | X | X | X | | X | |
| Spouse | Was unfaithful | X | X | X | X | | | X | X |
| Co-worker | Never admitted to damaging their car | Y | | | | X | X | X | X |
| My Parents | Their financial security was impacted by my numerous bailouts | X | | X | X | X | Y | X | X |
| Renter | Gossip about them to others | X | X | X | X | X | X | X | X |
| Gas station | Drove off without paying | X | X | | X | X | X | X | X |
| Employer | Embezzled money | X | X | X | X | X | X | X | X |
| GA meeting | Broke anonymity of a member | | X | X | X | | | X | X |

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