

Step Four Checklist

INITIALS ARE ENOUGH — THIS PAGE IS FOR
YOUR EYES AND YOUR STEP FIVE

The whole step at a glance.

1. Gather quiet time and paper.
2. Resentments first — names only, then the columns.
Use the Resentment Inventory template. One name per row to start.
3. Fears — what we're afraid of, and why.
Use the Fear Inventory template.
4. Conduct — our review of relations.
Use the Conduct Inventory template. Optional, in its timing.
5. Read it once through.
6. This inventory is for Step Five: nobody sees it until you choose your person.

Estimated honestly: this takes sittings, not a sitting.