



PERSONAL INVENTORY

"Step Four: Made a searching and fearless moral inventory of ourselves."

There are many ways to take the Fourth Step. Using this form is one of them. It can be used individually (from time to time) in taking ones own inventory - or as a tool of discussion in leading a Families Anonymous meeting.

DEBITS	CREDITS
1 Rejecting	1 + Releasing with love
2 Suspicious	2 + Living a day at a time
3 Expecting too much too soon	3 + Realistic
4 Resentful	4 + Understanding
5 Self-pitying	5 + Looking for the good
6 Critical	6 + Appreciative
7 Fearful	7 + Not projecting
8 Emotionally uncontrolled	8 + Calm
9 Interfering, Possessive	9 + Respecting another's individuality
10 Over-permissive	10 + Firm but loving
11 Angry	11 + Patient
12 Self-indulgent	12 + Considerate
13 Domineering, Controlling	13 + Co-operative
14 Self-righteous	14 + Willing to admit faults
15 Manipulating	15 + Accepting
16 Self-deceiving	16 + Improving own behaviour
17 Stubborn	17 + Fair
18 Hopeless	18 + Optimistic
19 Intolerant	19 + Forgiving
20 Full of false pride	20 + Honest
21 Depressed, Withdrawn	21 + Cheerful, Having a sense of humour
22 Opinionated	22 + Open-minded
23 Procrastinating	23 + Productive
24 Prone to gossip	24 + Protecting confidences
25 Obsessed with another's problems	25 + Striving for personal growth