Originals and Sources

Where every piece of this guide comes from, and where to get the originals. Checked 2026-10-22.

The method is Big Book Awakening's, and the Big Book's before that. This guide quotes the workbook's Step Four pages, transcribes its sample sheets, and adds commentary, deep dives and worked examples around them. It does not republish the workbook: the worksheets and packets below are linked where Big Book Awakening and its daily meeting publish them, so what you print is their current copy.

The Big Book Awakening workbook

Big Book Awakening is a Twelve Step workbook written by Dan Sherman to be used alongside *Alcoholics Anonymous* — first as the *Big Book Workbook* (1992), then under its present name (1998). Dan Sherman died on April 14, 2016; his site, bigbookawakening.com, carries on his work and sells the book and his recorded talks. Section 7 of the workbook is Step Four, and its pages are the spine of this guide: the instructions for Columns 1 and 2, the Third Column with its template, the Fourth Column with the Realization and the four questions, the fear inventory, the sex inventory and its nine questions. The footer of every one of those pages reads *"4th Step guide pages out of the Big Book Awakening 12 Step workbook book version August, 2006."*

Kept with this guide	What it is
`pdf/step4.pdf` **(10 pages)**	The Section 7 instruction and template pages, August 2006 version
`pdf/step-4-workshop.pdf` **(11 pages)**	*4th Step Workshop — Resentment Examples and Worksheets, 12/2006, Columns 1–4*: the first filled sample sheets
`pdf/big+book+awakening.pdf` **(28 pages)**	The same workshop packet, *3/08* edition — byte for byte the **Complete 4th Step Packet** BBA publishes today
`pdf/bbaexamplesheetscomplet.pdf` **(24 pages)**	*4th Step Inventory Examples and Samples — Resentment, Columns 1–4, Fear, Sex, and Sexual Ideal*
`pdf/step-4-sex-inventory-from-sponsorship-workshop.pdf` **(3 pages)**	The sex inventory worksheet, the nine questions, and *A Sane and Sound Sex Ideal* with the 20-10-5 format
`pdf/god+does+not+care+about+me.pdf` **and the three** `principle+inventory+-+…` **files**	The four principle inventory samples (examples #9–#12 here)

The worked examples #1–#12 in this guide are those sample sheets, transcribed with spelling corrected. The Fourth Step Prayer as the workbook gives it — *"God, this is a sick person like me. How can I be helpful to them? God, save me from being angry. Thy will be done."* — is BBA's wording of the Book's own: the Book asks God to help us show *"the same tolerance, pity, and patience that we would cheerfully grant a sick friend"* and has us say to ourselves, *"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."* (◆ **BB p.67**); the Realization page says so.

Where the originals are published

bbaworks.com — the Step-Work Downloads

Big Book Awakening San Diego keeps the official download hub, bbaworks.com/downloads. Its *Steps 4 & 5* section, titled *Resentment Inventory, Fear Grid, Sex Inventory & 4th Step Example Guides*, holds:

- Complete 4th Step Packet — the 28-page workshop packet of filled sample sheets, Columns 1–4
- Resentment inventory, blank sheet — the two-page sheet: the seven areas with the fear bracketed on the front (workbook p.57), the Realization and the four questions on the back (p.61)
- Fear inventory: 11×17 grid · 8.5×11 grid · a filled example — the drill-down of Fear inventory: the drill-down, columns A to F each asking *"Why do I have this fear?"* until the line ends in *self-reliance fails me*
- Sex inventory: blank sheets · instructions — the brief history and the nine questions of Sex inventory
- Principle inventory samples (self-defeating beliefs): Relationship · Unlovable · Money · God · the alternate Self-Defeating Belief Inventory sheet

Under *Steps 5, 6 & 7* the same page has the one-sheet 5th & 6th Step Considerations — three questions for the Fifth Step witness, four for the Sixth Step, Tyla's walkthrough of Steps Six and Seven, and the Seventh Step Prayer — and a transcript of Dan S. on Steps 6 & 7. A Spanish Fourth Step examples packet and an 11×17 fear grid with 25 lines are under *Herramientas*.

recoveredfrom.com — the daily meeting's tools page

We Have Recovered From, There Is Hope, the resource site of the BBA daily meeting, gathers the Step Four tools on one page, 4th Step Inventory Tools, with print quantities and a few things bbaworks.com does not carry. Everything on it, in its order:

Resentment sheet

- Resentment sheet — *print 15 to 20*; the same two pages as the bbaworks blank
- Complete 4th Step sample packet — *download and review, don't print*
- Areas of Self cheat sheet 1.0 — **new (2025).** One page of *"helping hints"* for the front of the sheet that explains each area by where the finger points: self-esteem points at myself (*"Internal dialog (Lead role)"*), pride points out at my audience, ambition points out again at what I want to happen (*"my script for the world"*), security points back at what I need inside to be okay, personal relations points at the person in the resentment and how they should show up, sex relations points back at *"my assigned gender role,"* and

pocketbook asks who borrowed, who stole, who wasted whose time, money or energy, and *"how does money equate to power or control in this resentment?"* The seven-areas pages of this guide say the same things at length; this is the one-page version.

- Partial fears list — **2021.** Two pages of fear words, *"first draft from Jennifer and Oliver's workshop 2019,"* with the newest additions from the Big Book Awakening Facebook group. A companion to the Common fears reference here, which was drawn from the sample sheets.

Principles inventory — see Principles & self-defeating beliefs for what this adds.

- Principles Inventory resources, 2026 — **new (2026).** The page below.
- How to get at and work with principles in your inventory — a four-page guide, one page per column
- Vinny D, introduction to the principles inventory — audio, BBA UK workshop 2021
- Principle inventory examples — the *I am Unloveable* sample
- Self-Defeating Belief Inventory, blank sheet and the same sheet with prompts — **new (2024–2025)**
- A dictionary definition of *principle* — from a 1939 dictionary

Fear grid

- Fear grid, short — *print 4 to 6*; **May 2025**, the letter-size grid
- 11×17 fear grid · a spreadsheet template · the filled example · a second filled example
- Big Book Fear Questions — one page: after all three inventories, take the three to five fears that repeat and answer, from ◆ BB p.68 ¶1, *why do I have this fear, how did I deal with it, can I see that it worked, where did I have confidence, where did it make me cocky*. This is the sheet behind the four-column fear inventory here.

Sex inventory

- Sex inventory sheets — *print enough for all basic romantic relationships, plus five extra*
- Sex inventory instructions
- Extended Relationship Inventory Worksheet v0.1 — **new (April 2025).** The sex inventory's brief history and nine questions turned on every other relationship — *"Parents, employment, God, children, friends, fellowship member, coparent, etc"* — for

anyone who finds, after the romantic inventories, that they want to write more. The *Ideal word bank* here takes the same step with its banks per role.

Steps 5 to 7

- Michael K, introduction to Steps 5, 6, 7, pages 72–76 — audio, BBA UK workshop 2021
- Step 6 & 7 Considerations and Dan S. on Steps 6 & 7
- Guiding questions for hard-to-get-at realizations — old harms, tragic events, resentments that won't let go — **for the Fifth Step only, after every resentment sheet is complete**, and, the sheet says, alongside and never instead of professional help. Ten questions asked slowly with a hand on the heart (*"Who did I become after this happened? What power or energy do I get by holding on to this resentment? Who would I be without this resentment?"*) for a harm where no fault of one's own and no realization can be found. Compare Stubborn resentments.

recoveredfrom.com — Self Defeating Beliefs (2026)

Self Defeating Beliefs is the meeting's newest page, dated by its uploads to May 2026. It opens with the Fourth Step's own line — *"Being convinced that self, manifested in various ways, was what had defeated us"* (◆ BB p.64 ¶2) — and asks three things first: finish at least half of the resentment sheets on people and institutions; download the self-defeating belief sheets; listen to the recordings at least once. It then carries the recordings (*Self-Defeating Beliefs with Pat T, 2025*; *May 24, Resentments: Self-Defeating Beliefs with Pat T*; *2026 BBA Resentments: Self-Defeating Beliefs, Vinny D and Michael K*), the blank sheet, the sheet with prompts, Self-defeating belief examples, 2026a, Self-defeating beliefs with Steps 6 thru 12, and the four completed examples that are #9–#12 here. What the method adds is on Principles & self-defeating beliefs.

The other voices in this guide

- **nonameyet.org.** *Here Are The Steps We Took,* a series by the members of NoNameYet Online A.A., has seven Step Four articles from March 2013: Clearing away some confusion, Listing our resentments, Our natural instincts and desires, Analyzing our resentments, The key to the future, Looking for our own mistakes and defects and We

reviewed our fears thoroughly. Pacing and resistance is drawn from them. The whole site (all twenty Step articles, the Traditions, *What We Mean When We Say…* and the manuscript comparisons) is archived in the recovery library.

- **Tim M.** The line-by-line reading of the bridge passage, the reality-checking and the four forgiveness exercises, and the lists of defects in the character defects reference come from Tim M's Step Four sessions. His talks are on this site, transcribed and searchable: the 2020 Big Book Anon workshop's Step Four parts (the three columns, the bridge, page 67, fear, sex); the 2023 workshop's (first three columns, bridge passage and forgiveness, the page 67 questions, the fear inventory, the sex inventory); the sponsorship series (part 1, part 2); and the 2025–2026 CA Zoom 164 series (launching resentment, page 67 and fear, sex).
- **Joe & Charlie.** The alternative sentence starters on the Column 4 pages (*"I acted out by…", "What I was thinking was…", "The lie I told myself was…"*) are from the Joe & Charlie Big Book Study, the recorded workshops.
- **A sponsorship workshop packet (2024).** The one-page four-question fear worksheet behind Fear inventory: four columns, with its Public Speaking and Being Alone examples, came from a sponsorship workshop packet in local circulation; we have not found it published online.
- **The character defect lists.** RapidStep10 for the defects-and-opposites checklist; *St. Augustine's Prayer Book* for the seven deadly sins and their forms; Al-Anon material, by way of Tim M, for the features of alanonism.
- **The literature.** *Alcoholics Anonymous*, Fourth Edition, which A.A. World Services publishes chapter by chapter at aa.org/the-big-book — every Big Book citation in this guide links to the printed page in those PDFs; *Twelve Steps and Twelve Traditions*; the *Narcotics Anonymous Basic Text*, from na.org.

What is the workbook's, and what is this guide's

The workbook's: the three-list order (resentment, fear, sex); the seven areas with their sentence starters and the fear bracketed beside each line; the Realization and the Fourth Step Prayer; the four questions in the order *self-seeking, selfish, dishonest, afraid*, with *"The fears that drive the delusions, that result in the attitude that are behind the actions"*; the harm;

the fear grid's *"Why do I have this fear?"* columns; the nine questions and the 20-10-5 ideal; the sample sheets that are examples #1–#12; and the newer principles sheet.

This guide's: the deep dive on each of the seven areas and on each link of Column 4; The Chain and SDSF as write-ups of the workbook's one sentence; examples #13–#18 and the dad's list #22–#43; the ten fear examples; the four modern sex inventories; the word bank by role; the plain-language track; the printed sheets; the commentary on pacing. Where a page draws an inference the Book does not state — the self-fulfilling nature of the chain, the six archetypes, the psychology sections in the examples — it says so in its *Sources & Attribution*.

From the Big Book Awakening Step Four guide at bigbook.it/step-4/ · a page of the guide, not the workbook itself: the workbook's own pages are linked from "Originals & sources." · source sources.md