

# Fearless Moral Inventory

The Twelve Steps

Step-Working Guide · The Recovery Files

## In this workbook

1. **Fearless Moral Inventory** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

## TOPIC

# Fearless Moral Inventory

## KEY IDEAS

## Fearless Moral Inventory

### The Foundation of Transformation

"Made a searching and fearless moral inventory of ourselves."

Step Four is a fact-finding and fact-facing process. It requires an honest examination of our character, behaviors, and patterns without the numbing effects of alcohol. It is not a witch hunt, but a search for the truth about who we are.

## Resentments & Anger

### The Number One Offender

Examining how anger, blame, and grudges have shaped our lives.

Resentment is the 'number one offender' because it destroys more alcoholics than anything else. It stems from the belief that others should behave according to our wishes, leading to deep-seated anger when they don't.

## Fear & Anxiety

### The Hidden Driver

Identifying how fear has controlled our decisions and behaviors.

Fear touches almost every aspect of our lives. Whether it's fear of failure, rejection, or financial insecurity, it often drives our harmful behaviors and character defects, creating the anxiety we sought to soothe with substances.

## Sexual Conduct

### Relationships & Intimacy

Reviewing our conduct in intimate relationships honestly.

We examine where we have been selfish, dishonest, or inconsiderate in our sexual relationships. Did we use others? Did we cause harm? This inventory helps us move toward healthier, more authentic connections.

# Character Defects

## Patterns of Behavior

Acknowledging the traits that cause pain to ourselves and others.

We identify patterns like dishonesty, selfishness, pride, envy, and greed. These 'spiritual illnesses' block us from growth and damage our relationships. Recognition is the first step toward removal.

## Harm Caused

### Facing the Impact

Cataloging the specific ways we have hurt others.

We list the people we have harmed through broken promises, lies, stealing, emotional abuse, or neglect. This prepares us for the amends process (Step 8 & 9) and helps us take full responsibility for our past.

## Spiritual Condition

### The Root of the Problem

assessing our relationship with spiritual principles.

We look at spiritual pride, self-will, and our attempts to play God. Recovery requires shifting from self-reliance to reliance on a higher power, and identifying where we have blocked this connection.

## Positive Assets

### Building on Strengths

Recognizing the good that exists alongside the defects.

An inventory isn't just about liabilities. We also identify our assets—honesty, compassion, courage, resilience. These strengths will support us as we work through our defects and grow in recovery.

**WORKSHEET****Step 4 Worksheet**

Comprehensive Inventory Guide

**PROFILE****Understanding Your Profile**

1. Which category of moral inventory requires the most attention, and why?

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2. What specific patterns have you noticed that surprise you?

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3. How have your character defects evolved throughout your life?

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4. What areas have you been most reluctant to examine?

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5. What situations tend to activate your character defects?

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**PSYCHOLOGY****Psychology of Character**

6. How does viewing defects as "spiritual illness" affect your willingness to examine them?

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7. In what ways might your drinking have been an attempt to manage character issues?

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8. How do your different character defects interact with each other?

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9. What early warning signs indicate when defects are becoming active?

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10. How might family history or trauma have contributed to your character development?

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## ASSETS

### Character Assets

11. What specific positive qualities have served you well?

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12. What role do your assets play in supporting your recovery?

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13. How can you build upon assets while addressing defects?

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14. What would it look like to lead with your assets?

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15. How might developing assets help you make amends?

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## SPIRITUAL

### Spiritual Foundation

16. How has your understanding of spiritual principles changed?

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17. What practices help you maintain spiritual fitness?

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18. How do you balance humility about shortcomings with appreciation for assets?

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19. What would it look like to view inventory as ongoing spiritual practice?

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20. How might sharing your inventory benefit your recovery?

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**MAPPING****Your Moral Inventory Map**

List specific examples for each category:

Resentments and Anger:

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Fear and Anxiety:

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Sexual Conduct:

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Character Defects:

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Harm Caused:

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Spiritual Condition:

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**ACTION**

## Action Plan

Preparation (Sponsor, Time, Space):

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Inventory Schedule:

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Support System:

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Self-Care Plan:

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Remember: "We are not saints. The point is, that we are willing to grow along spiritual lines." -  
Alcoholics Anonymous, p. 60