

Unbottled Summer Series

Step 4 & Step 5 Worksheets

STEP 4 – Made a Searching and Fearless Moral Inventory

1. What resentments am I still carrying?

2. What fears control my decisions?

3. Where have I harmed others?

4. What character defects show up repeatedly?

5. What situations trigger me most?

6. What patterns do I want to change?

7. What assets and strengths can I build on?

8. What is one thing I am ready to release this week?

STEP 5 – Admitted to God, to Ourselves, and to Another Human Being the Exact Nature of Our Wrongs

1. How did it feel to share my inventory?

2. What was hardest to admit?

3. What surprised me?

4. What shame can I begin to let go of?

5. What did I learn about myself?

6. Who supported me through this step?

7. What freedom do I feel today?

8. What action will I take this week to continue healing?

Weekly Reflection

My biggest takeaway this week:

Prayer/Intention:
