



Questionnaire for A Step-4 Meeting

Although everyone has faults, it is always difficult to admit them. Thus, Step-4 is the most difficult Step to take. One group has found an almost painless way of achieving this end, and the results have been rewarding in the extreme.

These forms may be passed out to members for filling in. However, to fill in the form is only the beginning. After discussion and consideration and a lapse of time, the forms should be brought back to the meeting and gone over again to check the improvement.

DEBITS(-)

CREDITS(+)

1. Self-Pitying			Unselfish, thoughtful of others			
2. Resentful			Not holding grudges			
3. Critical			Charitable			
4. Suspicious			Trusting			
5. Angry			Patient			
6. Tense and apprehensive			Relaxed			
7. Emotionally uncontrolled			Calm			
8. Withdrawn			Outgoing			
9. Jealous			Loving in attitude			
10. Fearful (Afraid to assert self)			Confident			
11. Selfish, self-indulgent			Generous and loving			
12. Domineering			Yielding			
13. Self-righteous			Uncritical			
14. Stubborn			Agreeable			
15. Intolerant			Forgiving			
16. Dishonest with self			Truthful			
17. Depressed, gloomy			Optimistic, cheerful			
18. Smug, narrow-minded			Open-minded, gracious			
19. Feeling superior			Humble			
20. Expecting too much too soon			Realistic			
21. Hypersensitive			Willing to admit faults			
22. Despondent			Hopeful			
23. Sullen (Silent treatment)			Having sense of humor			
24. Apprehensive of the future			Living 24 hours a day			
25. Procrastinating			Being prompt			
26. Aimless and indifferent			Finding a purpose			
27. Worrisome, over-anxious			Serene			
28. Ungrateful			Thankful for all blessings			
29. Prone to gossip			Protecting confidences of others			
30. Obsessed with own problems			Helpful to others			