

## FOURTH STEP CHECKLIST

### COLUMN 3

#### SELF-ESTEEM

- Do I Fear Becoming Invisible?
- Do I Feel Undervalued? Unimportant?
- Do I Feel Unheard? Unworthy?
- Has My Pride Been Hurt?

#### SECURITY

- Does This Resentment Affect My Financial Security?
- Does It Affect My Emotional Security?
- Do I Feel Uncared For?
- Do I Feel Not Cared About?
- Do I Feel Unprotected And/or Unsafe?
- Do I Feel All Alone?
- Do I Feel Disconnected From Others?

#### AMBITIONS

- Is This Blocking Me From Getting What I Need Or Want Out Of Life?
- Do I Fear Losing Something I Already Have?

#### PERSONAL RELATIONS

- Is This Resentment Affecting My Relationship With
  - Family Members?
  - Friends?
  - Coworkers?
  - People In Program?
  - Myself?
  - G\*D/High Power?
  - People In General?

#### SEX RELATIONS

- Am I Withholding Sex? Demanding More Sex?
- Am I Flirting Inappropriately? Having An Affair Or Thinking About Having One?
- Do I feel My Body Is Offensive?
- Am I Offended By Other People's Fat Bodies?
- Have I Ever Abused Anyone Sexually? Has Anyone Abused Me?