



Worksheets

Print these and write on them. There is one sheet for each thing the Seven Steps ask you to write out, with an example on every sheet.

1. Resentment Inventory

Step 2 (a) — all four columns, on one landscape sheet

2. Forgiveness Practice

Step 2 (b) — who to forgive, and the words to say

3. Intimate Relationships Inventory

Step 2 (c) — one sheet per person

4. Fears Inventory

Step 2 (d) — each fear and the instinct it threatens

5. Character Defects Inventory

Step 2 (e) — all thirteen, with room to answer

6. Amends List

Step 4 — who you owe, and what you plan to do

7. Daily Review

Step 6 — the one sheet you use every day

Keep your personal inventories private from others. They will be only for you and your mentor to review together, after which you may choose to dispose of them or save them for review later.

There will never be a perfect time to begin writing out the lists below. You just need to start. Once you begin writing, it will start flowing. The first time you have thirty minutes to dedicate to it, do it. Don't put it off. It's important. Completing these inventories will be life changing.

1. Resentment Inventory

Step 2 (a) — Resentments and Anger. Fill in one column at a time, left to right.

Column 1 — Offenders: everyone you still feel angry toward, in any order. Column 2 — What happened, and which instinct it threatened: Financial Security, Personal Security, Emotional Security, and/or Sex. Column 3 — My Part: your part in causing their reaction. If you played no part, just write the word “Forgiveness” for that resentment. Column 4 — Forgiveness: for those, do sheet 2.

EXAMPLE

Column 1 Offenders	Column 2 What Happened / Instincts Affected	Column 3 My Part	Column 4 Forgiveness
Boss from XYZ, Inc.	Fired me from my job at XYZ / Security (emotional and financial)	I did poor work; I showed up late for work too many times	—

Where you had no part — as with the Male Mugger in the chapter — write “Forgiveness” in Column 3, then use sheet 2.

2. Forgiveness Practice

Step 2 (b) — *Unforgiveness and Hatred. For everyone you had no part with, and for yourself.*

The only thing we need is the willingness to do it. The greatest first step is to become open to forgiving others.

Say this, in your mind or out loud:

“I completely forgive you (mention their name); I break the chain of hate that links me to you; may peace and love be with you; you are free; and I am free.”

When thoughts of those people come up again, say: “I have forgiven you; and may peace and love be with you.”

People I am willing to forgive

Example: The Male Mugger — I had no part. Date first said: 3 May

Name:

Name:

Name:

Name:

Name:

Name:

Name:

Name:

Forgiving myself

Next, forgive yourself for harming yourself in any way. Repeat to yourself: “I forgive you (say your full name); may peace and love be with me; I am free.” Afterward, if thoughts of past guilt come up again, say: “I have forgiven myself for that; may peace and love be with me; I am free.”

3. Intimate Relationships Inventory

Step 2 (c) — Our selfishness, inconsideration, dishonesty, and jealousy. One sheet per person.

Make a list of all the people with whom you have had previous intimate relations, using their first name or initials. Answer each question for each person.

EXAMPLE

Pam (my ex-wife)

Selfishness: I only took care of my own selfish sexual desires.

Dishonesty: I cheated on Pam with Susan.

Inconsideration: I disregarded Pam's feelings.

Jealousy: Pam found out and became jealous.

Alternative Behavior: I should have divorced Pam or separated from her before seeing other women.

Name: _____

Selfishness: How was I ever selfish? _____

Dishonesty: How was I ever dishonest? _____

Inconsideration: How was I ever inconsiderate? _____

Jealousy: How did I ever create jealousy? _____

Alternative Behavior: What could I have done differently? _____

Name: _____

Selfishness: How was I ever selfish? _____

Dishonesty: How was I ever dishonest? _____

Inconsideration: How was I ever inconsiderate? _____

Jealousy: How did I ever create jealousy? _____

Alternative Behavior: What could I have done differently? _____

4. Fears Inventory

Step 2 (d) — Fears. List them with instincts affected.

Write down a numbered list of all your fears, and relate them to the instinct affected: Financial Security, Personal Security, Emotional Security, and/or Sex?

EXAMPLE

My fear	Instinct(s) affected
1. Fear of losing my job.	Financial, Personal, and Emotional Security

5. Character Defects Inventory

Step 2 (e) — Write out how each one appears in your life today.

Ask yourself how each of the following does or does not apply to you. Where it does, write down examples — the what and the why.

Example — Revenge: I stopped speaking to my brother for two years after he took my father's side.

Greed:

Jealousy:

Envy:

Doubt:

Worrying:

Revenge:

Sloth:

Gluttony:

Lust:

Controlling:

Pride:

Conditional Giving:

Use of Bad Drugs:

6. Amends List

Step 4 — Make the list. Do not make any amends until you have reviewed it with your mentor.

Build this from Column 3 (My Part) of your Resentment Inventory, your Intimate Relationships Inventory, and anyone else you harmed by lying, stealing, or cheating.

You are not yet making amends, and you are not yet deciding if and how you will make them. You are only making a list. If you have an urge to make some amends immediately, resist.

EXAMPLE

Who I harmed	What I did	What I plan to do (agreed with my mentor)
Former boss, XYZ	Poor work; late repeatedly; blamed him for the firing	Write and admit my part — check timing with mentor

7. Daily Review

DATE _____

Step 6 — At the end of each day. Print several, or keep a notebook beside this sheet.

1. New resentments today — and my part in each

2. Intimate relationships — selfish, dishonest, inconsiderate, jealous?

Selfishness: _____

Dishonesty: _____

Inconsideration: _____

Jealousy: _____

Alternative Behavior: _____

3. New fears today — and the instinct each one threatens

4. Character defects today — which showed up, and how I can improve

5. Amends I owe — made today, or to discuss with my mentor

6. Was my giving unconditional or conditional today?

Write down how you gave to others today, and in each case whether you gave unconditionally, or with a condition attached.

Promptly admit when you are wrong, and make amends immediately when you cause harm to others.