

AA Step 4 Worksheets

Complete these sheets to work through Step 4 of Alcoholics Anonymous.

1) What past actions or decisions do you feel ashamed of, and how have they impacted your relationships?

2) Identify moments when fear has influenced your choices. How did these fears shape your behavior?

3) How has your pride or ego affected your interactions with friends or family?

4) What resentments do you hold; how do they impact your emotional well-being?

#5) When have you been dishonest with yourself or others, and what were the consequences?



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In column 1, list the emotions, habits, or behaviors that you must let go of for healing; in column 2, list the personal strengths that will help you carry through with those changes.

NEGATIVE FEELINGS + HABITS TO RELEASE

Handwriting practice lines for the word 'apple'.

PERSONAL STRENGTHS + POSITIVE BEHAVIORS

POSITIVE AFFIRMATIONS:

I am ready to leave past mistakes behind me.
I am making a conscious effort to change.
I am worthy of self-love and self-respect.
I am building a better life for myself and my loved ones.
I am releasing grudges and resentment.



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