

# 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?**

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

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

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

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

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

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

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## PERSONAL STRENGTHS + POSITIVE BEHAVIORS

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## 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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