

Alcoholics Anonymous

4th Step Moral Inventory Journal Prompts

1) Reflect on a time you felt ashamed about your actions. What were the behaviors and how can you improve this part of yourself?

2) List an incident when you reacted in anger or resentment. How did it influence your behavior? How can you respond differently in the future?

3) How has your past behavior led to relationship challenges?

4) Explain about a time when you felt disconnected from your emotions. What led to these feelings?

5) Write about a time when you avoided accountability and how it affected your self-esteem.



PURPOSE
HEALING CENTER

480.579.3319 | purposehealingcenter.com

Alcoholics Anonymous

4th Step Moral Inventory Journal Prompts

6) Describe a time you were envious of someone you liked or admired. How did envy shape your behavior?

7) List memories about a time when you were dishonest. How did it impact your feelings of integrity? How can you increase honesty moving forward?

8) Have you ever been overwhelmed by fear or anxiety? What behaviors did these cause?

9) Write about a time when you struggled to forgive someone. Did it impact your resilience or stop you from moving on after the incident?

10) Explain about a time when you felt selfish and how it impacted your interactions with others.



PURPOSE
HEALING CENTER

480.579.3319 | purposehealingcenter.com