

AA Step 4 Worksheet

Patient Information:

Name:

Date:

Contact Information:

Resentments

1. Resentment:

- Cause:
- Effect:

2. Resentment:

- Cause:
- Effect:

3. Resentment:

- Cause:
- Effect:

Fears

1. Fear:

- Impact:

2. Fear:

- Impact:

3. Fear:

- Impact:

Character Defects

1. Character Defect:

- **Examples:**

2. Character Defect:

- **Examples:**

3. Character Defect:

- **Examples:**

Patterns and Themes

Summary and Reflection