

# 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**