



Step Four Inventory Templates

A Searching and Fearless Personal Inventory

These templates are guides, not rules. Use whatever structure helps you be thorough and honest. There is no wrong way to do a personal inventory — the courage to begin is what matters.

This resource is produced by Stepwise Recovery and is not affiliated with any Twelve Step fellowship.

Positive Qualities

A thorough inventory is not only about shortcomings. Recognising your strengths is equally important.

Positive Quality	Example / Evidence
Courage	
Honesty	
Compassion	
Resilience	
Creativity	
Loyalty	
Generosity	
Humour	
Determination	

Reflection Questions

After completing your inventory, sit with these questions before discussing them with your sponsor:

- What patterns do you notice across your resentments?
- Which fears come up most frequently?
- Where do you see selfishness, dishonesty, or self-seeking motives?
- What strengths have helped you survive?
- What surprised you about your inventory?
- How do you feel now that you have written it down?

Remember: The purpose of this inventory is freedom, not punishment. Sharing it with a trusted person is what transforms writing into genuine insight.

UK Crisis Support

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