QUESTIONNAIRE FOR A STEP-4 MEETING

Although everyone has faults, it is always difficult to admit them. Thus, Step-4 is one of the most difficult steps to take. One group has found an almost painless way of achieving this end, and the results have been rewarding in extreme.

These forms may be passed out for filling in. However, to fill in the form is only a beginning. After discussion and consideration and a lapse of time, the forms should be brought back to the meeting and gone over again to check the improvement.

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	1. Self-pity	X	Unselfish, thoughtful of others
X	2. Resentful		Not holding grudges
	3. Critical	X	Charitable
	4. Suspicious	X	Trusting
	5. Angry	X	Patient
X	6. Tense & Apprehensive		Relaxed
X	7. Emotionally uncontrolled	X	Calm
	8. Withdrawn	X	Outgoing
X	9. Jealous		Loving in attitude
X	10. Fearful (afraid to assert self)		Confident
	11. Selfish, self-indulgent	X	Generous and loving
	12. Domineering	X	Yielding
X	13. Self-righteous	X	Uncritical
	14. Stubborn	X	Agreeable
	15. Intolerant	X	Forgiving
X	16. Dishonest with self		Truthful
	17. Depressed, gloomy	X	Optimistic, cheerful
	18. Smug-Narrow-minded	X	Open-minded, gracious
	19. Feeling superior	X	Humble
X	20. Expecting too much too soon		Realistic
X	21. Hyper-sensitive		Willing to admit faults
	22. Despondent	X	Hopeful
	23. Sullen (silent treatment)	X	Having sense of humor
X	24. Apprehensive of the future		Living 24 hours a day
X	25. Procrastination		Being Prompt
	26. Aimless and indifferent	X	Finding a purpose
X	27. Worrisome, over-anxious		Serene
X	28. Ungrateful		Thankful for all blessings
	29. Prone to gossip	X	Protecting confidence of others
	30. Obsessed with own problems	X	Helpful to others