

#### **Step 4 with Veronica Valli Notes:**

Step 4 involves 3 inventory elements:

1. Resentments
2. Fears
3. Sexual conduct

Different parts of self:

- Romantic/sexual
- Personal
- Work
- Financial
- Ambitions
- Self-esteem
- Pride (what we think others think of us)

Those we hold resentments against we look at how they harmed us and how we harmed them

Focus on your side of the street

Character defects:

- Selfish
- Self-seeking (manipulative)
- Fear
- Dishonesty

Sexual conduct:

Women use sex for love and use sex for loneliness and insecurity

Men use love for sex and use sex for loneliness and insecurity

When considering sexual conduct in future:

Is it selfish?

Will it hurt another person?