

From the Guide to 4th Step Inventory, Hazelden:

"In making the inventory, we need to examine ourselves in the following:

- A. Personality Defects
- B. The 7 Cardinal Sins
- C. The 10 Commandments
- D. Virtues, Attitudes, and Responsibilities"

- - -

"Write the inventory down. We want to meet this face to face. If you wish to destroy it afterwards, do so. - - - List both assets and liabilities. We will rebuild on our assets --"

- - -

### "Personality Defects

- |                       |                          |
|-----------------------|--------------------------|
| 1. Selfishness        | 7. Impatience            |
| 2. Ailibus            | 8. Envy                  |
| 3. Dishonest thinking | 9. Phynness              |
| 4. Pride              | 10. Procrastination      |
| 5. Resentment         | 11. Self-pity            |
| 6. Intolerance        | 12. Feelings easily hurt |
|                       | 13. Fear"                |

- - -

### "The 7 Cardinal Sins

PRIDE  
COVETOUSNESS OR AVARICE  
LUST  
ENVY  
ANGER  
GLUTTONY  
SLOTH"

- - -

### "The 10 Commandments

- 1. I am the Lord, thy God, thou shalt not have any gods before me.
- 2. Thou shalt not take the <sup>name</sup> of the Lord, thy God, in vain. *with lessness*
- 3. Remember to keep holy the Sabbath Day. *importance*
- 4. Honor thy father and thy mother. *Have no real*
- 5. Thou shalt not kill. *value or significance*
- 6. Thou shalt not commit adultery. *lightly*
- 7. Thou shalt not steal. *without effect*
- 8. Thou shalt not bear false witness against thy neighbor. *(lie)*
- 9. Thou shalt not covet thy neighbor's wife.
- 10. Thou shalt not covet the neighbor's goods."