

FREE TO BE ME STEPPING OUT OF CHAOS WITH THE 4TH STEP INVENTORY

***CONFERENCE WORKSHOP HANDOUT
PRESENTED BY MARTY A.***

**14TH ANNUAL
COMPULSIVE EATERS ANONYMOUS-HOW
GLOBAL CONVENTION
JULY 15-17, 2011**

PEOPLE		PLACES		THINGS/INSTITUTIONS	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	

I am resentful at...

What is the cause of this resentment?

This resentment affects my...

They did this because...

My mistake was... (This is my inventory.)

My FEELINGS are...

Do I owe an amends?

What can I do differently the next time such a situation occurs?

What are my choices?

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