- Read from bottom of page 68 through 70 of the Big Book before beginning.

1. Column 1: "We reviewed our own conduct over the years past." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, 6, until column 1 has been completed.
2. Column 2: "We did we do?" (Complete column 2 from top to bottom. Do nothing with column 3, 4, 5, 6, until column 2 has been completed.)
3. Column 3: "We list the exact nature of our shortcomings. " (Complete column 3 from top to bottom. Do nothing with column 4, 5, 6, until column 3 has been completed).
4. Column 4: Did we unjustifiably arouse jealousy, suspicion or bitterness? (Complete column 4 from top to bottom. Do nothing with column 5,6 , until column 4 has been completed).
5. Column 5: "Who did I harm? (Complete column 5 from top to bottom. Do nothing with column 6, until column 5 has been completed).
6. Column 6: "What should I have done instead?" (Complete column 6 from top to bottom).

