



# THE 4TH STEP: EMOTIONAL HEALING AND SPIRITUAL GROWTH

## Discussion & Journaling

---

### ·BREAKOUT ROOMS #1

Introductions

What do you think about the 4th step?

Share what you think it is and why it is part of our recovery programs.

### JOURNALING PROMPTS

Are you willing to take a deep look into your life?

Do you think a 4th Step will bring you emotional release or growth?

Do you think some of your old behavior patterns are still active in your life? Do they cause you problems?