Practical Ways to Work Through the 4th Step Workshop

Made a searching and fearless moral inventory of ourselves



Simply put, the purpose of a 4th step is to use your history to understand who you are, good & bad, and to clear away the wreckage of the past so you won't want to escape into active addiction again.

It is a healing step not a punishment.

Strongest Recommendation:

Read about the 4th Step in the AA 12 & 12 to understand how our instincts get out of hand and drive us to unhealthy behaviors.

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The Very Basics

Can I just forget about doing an inventory and go to meetings?

Of course. The only requirement for membership in AA is a desire to stop drinking. Good luck with that.

Your 4th Step is YOURS

Why you do it and how you do it is completely up to you.

There are bunches of strongly opinionated people in recovery who will insist that a certain method is the only way to do it. Or they might insist on a certain timeline.

There isn't anything that works for 100% of the people 100% of the time. Get input from people you trust and use your Higher Power if you have one. Listen to your heart. Move ahead as you feel called to do it. It will work out ok.

Protect Yourself

Your inventory is about you at your most vulnerable. You deserve to be safe. Keep it somewhere private.

You do not have to share your inventory with anyone including a spouse or a sponsor. You should feel free to write down what comes to you without thinking about someone else reading it. You can make a decision about doing a 5th step when the time is right for you.

The 4th Step is NOT the 5th Step

Write it as if no one else will ever see it. An inventory is an internal process. You are just gathering information and writing it down. Give yourself the gift of writing freely without worrying about someone else's opinion.

Willingness - 20 minutes at a time

Inventories make us think and feel. That can be overwhelming. It's ok to take a break. Just be willing to start back up. Keep your eyes open for good opportunities to resume.

Don't Compare

You are a unique individual with a one-of-a-kind story. Honor that. Keep your ego or low self-esteem in check. Don't compare. Just write your story as you understand it and know that it is perfect.

Find People You Trust

Inventories are challenging. You don't have to have it all done before you can talk about it. If something is particularly challenging, find someone who can listen and help you find some clarity.

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Simple 4th Step Inventory Journaling Prompts

- What people, places or things do you resent and what led to those resentments?
- How did your behavior contribute to your resentments?
- How have your resentments affected your life, your relationships with others and yourself?
- Who or what do you fear and why? And how do you respond destructively or negatively to your fears?
- Who or what do you feel ashamed or guilty about?
- What feelings do you have the most trouble allowing yourself to feel, and how do you act out?
- How have your fears and resentments affected your friendships, and your family, work and romantic relationships?
- Have you compulsively sought after sex? Have you used sex to try to fill a spiritual void or loneliness? Have any of your sexual practices hurt others or yourself?
- What do healthy relationships look like to you?
- Are there secrets that you haven't told anyone or written about in your step work?

Jason Wahler

https://www.jasonwahler.com/12-steps-of-aa/step-four-of-aa-alcoholics-anonymous

Step Sisters Recovery Network	Strengths Worksheet	www.stepsistersrecoverynetwork.com	overynetwork.com
I recognize and value about myself:	Examples:	Strengths	gths
		Artistic	Insightful
		Brave	Intense
		Compassionate	Kind
		Consistant	Light-Hearted
		Creative	Loving
		Diligent	Loyal
		Eager to Learn	Modest
		Energetic	Nuturing
		Enthusiastic	Open-Minded
		Fair	Optimistic
		Forgiving	Perseverant
		Generous	Prudent
		Humorous	Responsible
		Grateful	Self-Disciplined
		Honest	Socially Skilled
		Hopeful	Socially Responsible
		Humble	Spiritual
		Work Hard	Teachable
		Ingenious	Thoughtful

Fears Worksheet

Resentment: Indignation or ill will felt as a going as expected or desired going as expected or desired Ambition: eager or strong desire to achieve something; goals, plans, designs for the future having or showing arrogant superiority; disdain of others who are viewed as less-than or unworthy Resentment: Indignation or ill will felt as a Relationship: social, business or sexual connections with decieve, or lie actively or by omission not getting what we want Security: desire for money, property, possessions; general sense of emotional & physical well-being; others should behave, how the world should be done. Pride: what I think others think of me; having or showing arrogant superiority; disdain of others who are viewed as less-than or unworthy Pride: what I think of myself; acceptance, approval & respect for myself while accepting my requires or deserves. Pride: what I think of myself; acceptance, approval & respect for myself while accepting my requires or deserves. Pride: what I think of me; acheivements are should be done. abilities & cacheivements are should be done. are should be done. are should be	ctarting. IIC	minutes a day): pray/meditate hefore	a private: set aside time (maybe 30 r	Suggestions from other women. Convithe worksheets: shoose somenlage private; set aside time (maybe 30 minutes a day); pray/moditate before starting; use the	Suggestions from other wom
I will felt as a Relationship: social, business or sexual connections with Dishonesty: a tendency to cheat, steal, decieve, or lie actively or by omission					than or unworthy
ffence; life not other people sire to sire to security: desire for money, property, possessions; ns, designs feeling safe nk of me; approval & respect for myself; acceptance, approval & respect for myself while accepting my size to security: desire for money, property, possessions; general sense of emotional & physical well-being; feeling safe self-Esteem: what I think of myself; acceptance, approval & respect for myself while accepting my sequence in excess of what one or or have wealth or power in excess of what one		regard for others.	requires or deserves.	limitations & abilities	disdain of others who are viewed as less-
If will felt as a Relationship: social, business or sexual connections with frence; life not other people decieve, or lie actively or by omission Security: desire for money, property, possessions; ms, designs general sense of emotional & physical well-being; feeling safe Relationship: social, business or sexual connections with decieve, or lie actively or by omission Expectations: personal rules about how one or other should behave, how the world should work, or how things should be done. Self-Esteem: what I think of myself; acceptance, Greed/Envy: overwhelming desire to acquire	out	with one's own interest, benefits,& welfare with	or have wealth or power in excess of what one	approval & respect for myself while accepting my	having or showing arrogant superiority;
I will felt as a Relationship: social, business or sexual connections with Dishonesty: a tendency to cheat, steal, decieve, or lie actively or by omission decieve, or lie actively or by omission sire to security: desire for money, property, possessions; sire to general sense of emotional & physical well-being; others should behave, how the world should feeling safe work, or how things should be done.	arily	Self-Centeredness: concerned only with or prima	Greed/Envy: overwhelming desire to acquire	Self-Esteem: what I think of myself; acceptance,	Pride : what I think others think of me;
I will felt as a Relationship: social, business or sexual connections with Dishonesty: a tendency to cheat, steal, decieve, or lie actively or by omission decieve, or lie actively or by omission sire to Security: desire for money, property, possessions; Expectations: personal rules about how one or others should behave, how the world should		abilities & acheivements	work, or how things should be done.	feeling safe	for the future
Hwill felt as a Relationship: social, business or sexual connections with decieve, or lie actively or by omission Security: desire for money, property, possessions; Expectations: personal rules about how one or		respect toward oneself, not recognizing one's	others should behave, how the world should	general sense of emotional & physical well-being;	achieve something; goals, plans, designs
Il will felt as a Relationship: social, business or sexual connections with Dishonesty: a tendency to cheat, steal, ffence; life not other people decieve, or lie actively or by omission	χv	Low Self-Esteem: lack of acceptance, approval, 8	Expectations: personal rules about how one or	Security: desire for money, property, possessions;	Ambition: eager or strong desire to
social, business or sexual connections with Dishonesty : a tendency to cheat, steal, decieve, or lie actively or by omission		not getting what we want			going as expected or desired
	,gn	danger- real or imagined - fear of losing somethi	decieve, or lie actively or by omission	other people	result of a real or imagined offence; life not
	n of	Fear: alarm or anxiety caused by the expec-tation	Dishonesty: a tendency to cheat, steal,	Relationship: social, business or sexual connections with	Resentment: Indignation or ill will felt as a
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suggestions from other women: copy the worksheets; choose someplace private; set aside time (maybe so minutes a day); pray/meditate before starting; use the definitions; work vertically - one column at a time; keep moving - if procrastination or perfectionism is a problem, ask your HP to remove them.

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What or who am I afraid of?	Why?	8	/hat aspect	What aspect of self is hurt or threatened?	threatenec	17	W	V nat characte	What is my part in this? What character defect/trait triggers my reaction?	art in this? iit triggers n	ny reaction?		What would Higher Power have me be?
		Ambition	Pride	Relationship	Security	Self- esteem	Dishonesty	Expectati ons	Greed Envy	Fear	Low self- esteem	Self- centeredn ess	



No Woman Stould the Alone in the Fight Against Addiction	Rese	Resentments Worksneet		
Resentment: Indignation or ill will felt as a result of a Relationship: social, business or sexual	Relationship: social, business or sexual	Dishonesty: a tendency to cheat, steal, decieve, Fear: alarm or anxiety caused by the expec-		Principles: examples - speed
real or imagined offence; life not going as expected or connections with other people	connections with other people	or lie actively or by omission	tation of danger- real or imagined - fear of losing limits, rules, sins, heaven, hell,	imits, rules, sins, heaven, hell,
desired			something, not getting what we want	and so on
Amhition: eager or strong desire to achieve	Security: desire for money, property,	Expectations: personal rules about how one or	Low Self-Esteem: lack of acceptance, approval, &	
something: goals plans designs for the future	possessions; general sense of emotional &	others should behave, how the world should	respect toward oneself, not recognizing one's	
Sometimes, Social prairie, accissing for the factor of	physical well-being; feeling safe	work, or how things should be done.	abilities & acheivements	
Pride : what I think others think of me; having or	Self-Esteem: what I think of myself;	Greed/Envy: overwhelming desire to acquire or	desire to acquire or Self-Centeredness: concerned only with or	
showing arrogant superiority; disdain of others who	acceptance, approval & respect for myself	have wealth or power in excess of what one	primarily with one's own interest, benefits,&	
are viewed as less-than or unworthy	while accepting my limitations & abilities	requires or deserves.	welfare without regard for others.	

| Suggestions from other women: Copy the worksheets; choose someplace private; set aside time (maybe 30 minutes a day); pray/meditate before starting; use the definitions; work vertically - one column at a time; keep moving - if procrastination or perfectionism is a problem, ask your HP to remove them.

People, institutions, principles I resent:	Why? What part of me is hurt or threatened? Creating this situation? What triggers my reaction?		What part	What part of me is hurt or threatened?	hreatened?		What is my part in creating this situation?			What tri	What triggers my reaction?	action?	1 1]
		Ambition	Pride	Relationship	Security	Self- esteem		Dishonesty	Expectations	Greed/Envy	Fear	Low self- esteem	self-	self- Self- em centeredness
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	Harms (Guilt & Remorse) Worksheet	norse) Worksheet	
Resentment: Indignation or ill will felt as a Relationship: result of a real or imagined offence; life not ather people	social, business or sexual connections with		Fear: alarm or anxiety caused by the expectation of danger- real or imagined - fear of losing something,
going as expected or desired			not getting what we want
Ambition: eager or strong desire to	Security: desire for money, property, possessions;	Expectations: personal rules about how one or	Expectations: personal rules about how one or Low Self-Esteem: lack of acceptance, approval, &
achieve something; goals, plans, designs	general sense of emotional & physical well-being;	others should behave, how the world should	respect toward oneself, not recognizing one's
for the future	feeling safe	work, or how things should be done.	abilities & acheivements
Pride: what I think others think of me;	Self-Esteem: what I think of myself; acceptance,	Greed/Envy: overwhelming desire to acquire	Greed/Envy: overwhelming desire to acquire Self-Centeredness: concerned only with or primarily
having or showing arrogant superiority;	~	or have wealth or power in excess of what one	or have wealth or power in excess of what one with one's own interest, benefits,& welfare without
who are viewed as less	limitations & abilities	requires or deserves.	regard for others.

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starting; use the definitions; work vertically - one column at a time; keep moving - if procrastination or perfectionism is a problem, ask your HP to remove who or what did i harm? what did i do or fall to do? what part of me was i trying to protect? what triggered my action? low self- se							
What did I do or fall to do?							
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what part of							
what part of me was I trying to protect?							
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problem,	Ą						
what triggered my action?	į						
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self-	ess						

Sex Conduct Worksheet

Suggestions from other women: Copy the worksheets; choose someplace private; set aside time (maybe 30 minutes a day); pray/meditate before starting; use the definitions; work vertically - one column at a time; keep moving - if prograstination or perfectionism is a problem, ask your HP to remove them.

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Who did I hurt?										
	Selfish?									
Was I:	Dishonest?									
Was I: Did I caus	Inconsiderate?									
	Jealoley									
	Suspicion?									
3	Bitterness?									
	Dishonesty									
What triggered my action?	Dishonesty Expectations									
What triggered my action?	Greed Envy Jealousy									
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	Self- centered ness									
	Other									
How was I at fault?										
In the hature/										