

# 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?

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



# Strengths Worksheet

I recognize and value about myself:	Examples:	Strengths	
		Artistic	Insightful
		Brave	Intense
		Compassionate	Kind
		Consistent	Light-Hearted
		Creative	Loving
		Diligent	Loyal
		Eager to Learn	Modest
		Energetic	Nurturing
		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
		Ingenuous	Thoughtful







