

# Fourth Step Inventory

One of the requirements for sobriety is the need for confession of personality defects, a moral inventory, and step four is designed to be just this. There is a lot of hype and fear surrounding this step (mostly created by those who are yet to do it), and these worksheets are designed to make this task as easy and simple as possible. Everything contained in these sheets is directly from the Big Book 'Alcoholics Anonymous', there is no opinion, just fact. To be able to start on this step, the previous three steps must of course have been completed, so before starting check with your sponsor, spiritual advisor, counselor, etc. to make sure you are ready.

Many people get loaded or act out in some way when they reach this step. Why? They will tell you that the pain of dredging up memories long buried was too much to endure, or any one of a thousand other excuses. The plain and simple fact is just this, the pain does not come in writing this inventory, the pain comes in resisting the writing. Alcoholics and addicts, time after time, would rather get loaded again than have to face some inner truths. The freedom from self is made impossible by holding on to fears and secrets we've harbored all our lives, the way of strength, paradoxically, is in becoming vulnerable.

Here are some tips to help you with this moral inventory:

Try and list resentments in groups, i.e.: Family, school, relationships, work, etc.

If you are not sure in any area, call somebody and ask them for their experience.

Get into the habit of writing every day, even if it's only for ten minutes.

In the resentment inventory, don't write across, do it in columns, i.e: ALL names first, ALL causes second, etc.

Be honest! The only person to truly benefit from this exercise is you, don't cheat yourself out of this incredible experience.

# Aa Fourth Step Guide

**Jonathan K. Okinaga**

## Aa Fourth Step Guide:

**Fourth Step Guide Journey Into Growth** Daryl Kosloskie,2011-04-29 In this helpful guide the authors lead us through exercises that enable us to examine our behaviors thoughts feelings and actions in preparation for the Fifth Step In this helpful guide the authors lead us through exercises that enable us to examine our behaviors thoughts feelings and actions in preparation for the Fifth Step

**Fourth Step Inventory** Ed Haych,2023-10-28 The first thing to do before you start your written Fourth Step is to read pages 63 71 in the book Alcoholics Anonymous affectionately known as the Big Book by AA members Also read the chapter on the Fourth Step in the book Twelve Steps and Twelve Traditions Your fourth step inventory is not an exercise in beating yourself up Be thoroughly honest and fair with yourself The checklists included with this guide are merely suggestions You must decide for yourself how they fit with your own moral code Do not be limited by this list it's okay to add other items you feel are relevant for you

**Step Four** Anonymous,2022-06-28 This pamphlet provides guidelines for completing AA's Step Four Made a searching and fearless moral inventory of ourselves The exercises included can help people recovering from addiction draw up an honest and effective personal inventory Simply put Step Four is an assessment of all of your assets and liabilities It's a hard look at who you've been who you are and who you'd like to be in the future It's a personal housecleaning The idea of a moral inventory means to honestly take stock of your personality traits choices and behaviors Step Four asks you to be searching and fearless This Step gives you the chance to face the lies you may have told to yourself and others and to look thoroughly and honestly at all of who you are and how you behave This pamphlet answers common questions about Step Four and outlines a step by step process for completing your inventory

**The Twelve Steps Of Alcoholics Anonymous** Anonymous,2009-10-23 This book brings together a series of short discussions from various authors who interpret the Twelve Steps The Twelve Steps of Alcoholics Anonymous form the cornerstone of one of the most effective programs for recovery from alcoholism The steps have also been successfully adapted for use in the treatment of many other dependencies This book brings together for the first time a series of short discussions that interpret each of the Twelve Steps from the admission of individual powerlessness over alcohol that occurs in Step One to the moral inventory of Step Four and the spiritual awakening of Step Twelve Each discussion has a separate author demonstrating the diversity of voices that is at the heart of AA and each author provides insights that keep the steps fresh and meaningful whether they've been read once or a hundred times

**A Sponsorship Guide for 12-Step Programs** M. T.,2013-10-08 A Sponsorship Guide for 12 Step Programs offers the reader far ranging suggestions based on concrete experience for the most common issues and dilemmas that arise when one agrees to become a sponsor in any 12 step program Seventeen sponsors with collective recovery time of over 250 years share their experience and insights as they describe common situations sponsors face and relate the solutions they used This is the first book of its kind for sponsors by sponsors Divided into three main sections Sponsorship Basics Working the Steps with a Sponsee and Common issues that

Come Up this book will be of use to anyone who has agreed to be a sponsor or anyone who does not have access to a sponsor A Sponsorship Guide is like having a sponsor in a book **Spirituality and Addiction** Steven L. Berg,1993 **Group**

**Psychotherapy with Addicted Populations** Philip J. Flores,Jeffrey Roth,Barney Straus,2023-06-09 This newly updated and streamlined edition of Group Psychotherapy with Addicted Populations provides proven strategies for combating alcohol and drug addiction through group psychotherapy The interventions discussed in the book build on a foundation of addiction as an attachment disorder rooted in the understanding of addiction as a family disease An appreciation of group and organizational dynamics is used to address the complex experience of developmental trauma that underlies addiction Having identified the essential theoretical underpinnings of supporting recovery from addiction in Part One the second half of the book gives a thorough nuts and bolts description of constructing a psychotherapy group and engaging productively in the successive phases of its development from initiation of treatment to termination The book concludes with specific recommendations for group psychotherapists to increase their competence with groups deepen their appreciation of group and organizational dynamics and develop a community of support for their own well being These methods are important for psychotherapists working with addicted populations who are inexperienced with group psychotherapy as well as seasoned group psychotherapists wishing to enhance their work **Alcoholism and Other Drug Problems** James E. Royce,1996 **Alcohol Problems and Alcoholism** James E. Royce,1981 A study on alcoholism thoroughly documented as a college text but practical enough to be of interest to para professionals and counselors who wish to update their knowledge and the one million recovered alcoholics who are eager to learn more about their illness **Step 4** Hazelden Educational Materials,Educational Materials Outreach,1982

### **12-Step Workbook for Recovering Alcoholics, Including Powerful 4Th-Step Worksheets**

Iam Pastal,2015-08-07 This workbook for recovering alcoholics is a great resource for anyone who wants to quit drinking alcohol for good It follows a 12 step program that contains actionable advice helpful activities and useful prayers for recovery This quit lit book is also based on the author s experience recovering and working with Alcoholic Anonymous an organization devoted to abstinence based recovery from alcoholism **Alcohol and Drug Abuse Handbook** Roland E. Herrington,George R. Jacobson,David G. Benzer,1987

**How to Write a Fourth Step** Ian Cage,2015-11-10 How to Write a Fourth Step is a supplemental guide to the fourth step instructions found in the book Alcoholics Anonymous the Big Book It is designed for all people involved in any 12 step recovery program including newcomers others who may be unsatisfied with the quality of their recovery and any sponsor wishing to be helpful Step four itself is a key milestone in recovery while steps 5 8 9 10 and 12 additionally rely directly upon the successful completion of a fourth step inventory Although each personal inventory is unique the process concepts and templates are common to all This guidebook provides clear examples on how to write an efficient and complete fourth step inventory to help ensure quality sobriety and the clarity to then be helpful to others **To be Continued--** Charles Bishop,Bill Pittman,1994

### **The Annotated Bibliography of Alcoholics Anonymous, 1939-1989**

Charles Bishop,Bill Pittman,1989 This essential reference work contains over 1 400 publications by and about AA in its 50 year history in print Intended for professional personnel in various fields e g psychiatrists librarians and clergy Covers popular and scholarly journal articles books chapters pamphlets dissertations and all AA publications Entries give bibliographical information and concise annotation Index *Simple But Not Easy* Paul H. & Scott N. ,2013-10 From Simple But Not Easy For over seventy years the Big Book of Alcoholics Anonymous has offered alcoholics a solution to their chronic progressive and fatal illness This solution cannot be found in fighting or quitting or any other human effort Many people abstain from alcohol for months even years by going to meetings reciting the steps and exchanging complaints about their lives with other abstinent people For these people not drinking is their only goal But abstinence is only the beginning of recovery It is the Program of Action particularly Steps 4 through 9 that brings about a spiritual awakening and recovery This small book offers newcomers sponsors and even long time members of the AA Fellowship a new tool to identify and understand the basic principles of the Big Book Once that understanding turns to action taking the 12 Steps a spiritual awakening and true recovery can be achieved by anyone *4-H Suggestions* West Virginia University. Agricultural Extension Service,1927

**From Sin to Disease** Jonathan K. Okinaga,2022-09-23 Since Benjamin Rush first introduced the disease of wills as the cause of alcoholism a steady and slow infiltration of the disease model has infected how the church treats those who struggle with addictions The first organization that truly sought to remove the soul care of addicts from the church was Alcoholics Anonymous AA through their bestselling The Big Book of AA and the introduction of the 12 Steps AA's influence on how the church confronts addiction still reverberates today with many of the ministries that address addiction firmly rooted in what can be found in AA literature Addictions were once viewed as an issue caused by sin and best addressed through faith and prayer Currently addiction is seen through the lens of disease The ramifications are consequential as more church members are struggling with addictions than ever before Tracing the progression of addiction from sin to disease will reveal that the SBC and its churches have been negligent in understanding the underlying foundations of AA and the influence that the medicalization of substance abuse has had on how churches approach what should be classified as a sin issue *12-step Horror Stories* Rebecca Fransway,2000 Since leaving Alcoholics Anonymous after 17 wasted years Fransway has devoted herself to exposing horrifying first person accounts of physical sexual and emotional abuse in 12 step programs **Subject Guide to Children's Books in Print 1997** Bowker Editorial Staff,R R Bowker Publishing,1996-09

This book delves into Aa Fourth Step Guide. Aa Fourth Step Guide is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Aa Fourth Step Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Aa Fourth Step Guide
- Chapter 2: Essential Elements of Aa Fourth Step Guide
- Chapter 3: Aa Fourth Step Guide in Everyday Life
- Chapter 4: Aa Fourth Step Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Aa Fourth Step Guide. This chapter will explore what Aa Fourth Step Guide is, why Aa Fourth Step Guide is vital, and how to effectively learn about Aa Fourth Step Guide.
3. In chapter 2, this book will delve into the foundational concepts of Aa Fourth Step Guide. This chapter will elucidate the essential principles that need to be understood to grasp Aa Fourth Step Guide in its entirety.
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5. In chapter 4, the author will scrutinize the relevance of Aa Fourth Step Guide in specific contexts. The fourth chapter will explore how Aa Fourth Step Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Aa Fourth Step Guide. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Aa Fourth Step Guide.

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