

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.

Al Anon 4th Step Guide

RM Cervero



Al Anon 4th Step Guide:

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