

4TH STEP DEFINITIONS

Resentments

RESENTMENT

'Re-live' / a persistent feeling of ill will and suppressed anger caused by a sense of an injustice, insult, injury, offense, or wrong done.

SELF-ESTEEM

Self-respect / self-confidence / how one views, thinks, or feels about oneself.

SECURITY / POCKETBOOK

Basic desire for money, property, possessions, etc. Anything to do with one's personal finances.

AMBITIONS

Goal / aim / desire to gain or accomplish a particular outcome.

PERSONAL RELATIONS

One's relations with other people

SEX RELATIONS

One's conduct and feelings relating to sex and intimacy. Basic drive for sexual intimacy.

SELFISH

Concerned primarily or only with oneself / self-absorbed / self-centered / self-serving / self-seeking / egotistic.

DISHONEST

Behaving or prone to behave in an untrustworthy or fraudulent way. Characterized by lack of truth, honesty, or trustworthiness.

SELF-SEEKING

Seeking or pursuing only for oneself / the act or practice of selfishly advancing one's own desires and goals.

FRIGHTENED

The feeling of fear. Afraid or anxious. Worried that something undesirable will occur or be done.

PRIDE

Excessively high opinion of oneself/conceit/arrogance. Sense of one's own proper dignity or value/self-respect. Satisfaction taken in one's work, achievements, or possessions.

FEAR

Agitation, alarm, anxiety, or dismay in the anticipation of, or in the presence of danger, pain, or disaster / negative imagination / dread / apprehension.

Aa 4th Step Inventory Guide

Anonymous



Aa 4th Step Inventory Guide:

Understanding the Twelve Steps Terence T. Gorski, 1991-04-15 An interpretation and guide to the 12 steps of Alcoholics Anonymous

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.

Twelve Step Sponsorship Hamilton B., 2009-09-29 Twelve Step Sponsorship is the first truly comprehensive look at sponsorship: a role recovering people benefit from both as sponsees and ultimately as sponsors. Sponsorship is a rich and enduring part of tradition of Alcoholics Anonymous. Twelve Step Sponsorship delivers both the theory and practice: how to do it and why, in a clear step-by-step presentation. Written by the author of *Getting Started in AA*, a widely acclaimed guide for the newcomer to the program of AA, *Twelve Step Sponsorship* is the first truly comprehensive look at sponsorship: a role recovering people benefit from both as sponsees and ultimately as sponsors. Twelve Step Sponsorship includes informative sections that deal with finding a sponsor and being a sponsor. Twelve Step Sponsorship offers a welcome reinforcement to the tradition of passing it on from one generation of sponsors to the next.

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.

Woman's Way through the Twelve Steps Bundle Stephanie Convington, 2024-11-12 This is a bundle of *A Woman's Way through the Twelve Steps* and *A Woman's Way through the Twelve Steps Workbook*.

Chemically Dependent Anonymous Anonymous, 2017-06-07 Written by the Fellowship of Chemically Dependent Anonymous to share its history, philosophical underpinnings, and program with others in our own book. We have based our program on one proven successful for over half a century by Alcoholics Anonymous in helping alcoholics find the road to recovery and a new way of life. As the focus of our program, we have adapted AA's Twelve Steps and Twelve Traditions, changing them only as they refer to chemical dependency in its entirety rather than alcohol abuse alone. We are grateful to AA for pointing the way for us, as it has for many other anonymous groups.

A Clinician's Guide to 12-step Recovery

Mark D. Schenker, 2009 The worlds of psychotherapy and addiction recovery have long been uneasy bedfellows.

Offbeat Guide To Recovery Eugene Siegel, 2012-06-28 Moe Berg Memorial's Offbeat Guide To Recovery is where carrying the message of recovery and spirituality meets the sexual and profanity gutter in a creative, artistic way to be sophomoric and intelligent, entertaining, and informative. The humor and wit, words, and tone are not politically correct. It's meant to be

shocking to express junk food mentality **Spirituality and Chemical Dependency** Robert J Kus, 2014-01-02 Spirituality and Chemical Dependency shares current thinking on how spirituality is used in recovery from alcoholism and other forms of chemical dependency The 12 Step programs have been the most successful form of treatment thus far you will find the insight in this book to be revealing as to why Each of the contributors has devoted a significant part of his or her life to help those suffering from chemical addiction In each chapter the author gives ideas on specific aspects of spirituality in the 12 Step context and answers the ever important question So what to provide guidelines for healthy spirituality in the addicted person Broadening the Base of Treatment for Alcohol Problems Institute of Medicine, Committee on Treatment of Alcohol Problems, 1990-02-01 In this congressionally mandated study an expert committee of the Institute of Medicine takes a close look at where treatment for people with alcohol problems seems to be headed and provides its best advice on how to get there Careful consideration is given to how the creative growth of treatment can best be encouraged while keeping costs within reasonable limits Particular attention is devoted to the importance of developing therapeutic approaches that are sensitive to the special needs of the many diverse groups represented among those who have developed problems related to their use of man s oldest friend and oldest enemy This book is the most comprehensive examination of alcohol treatment to date

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