

STEP FOUR

READINGS

1. BIG BOOK, p 63 (bottom – “Next we launched...”) through p 71 – the remainder of Chapter 5 (“How it Works”)
2. TWELVE AND TWELVE, pp. 42-54 – “Step Four”
3. DAILY REFLECTIONS – Readings on “Fourth Step”, “Resentment”, “Anger”, “Grandiosity”, “Blame”, “Fear”, “Guilt”, “Honesty”, “Inventory”, “Secrets”, “Pride”, and “Self-_____” – Check Index for page numbers.

QUESTIONS

1. What is an inventory and what is its purpose?
2. What does the term “searching and fearless” mean?
3. Why is it a “moral” inventory that we are asked to do?
4. Why does the AA Big Book suggest that the inventory be *written*?
5. What is your plan for writing your inventory – where, when, etc.?
6. What is resentment? Why are resentments “the number one offender”?

ACTIVITIES

1. Before doing this Step, say a prayer in your own words such as: “God, please give the strength and the courage I need to do a truly searching and fearless moral inventory, remembering what I need to remember, seeing all of myself – the good and the bad, and writing an honest appraisal of all that I find.”
2. Write a Fourth-Step Inventory. You can use the forms provided or make your own following the format in the Big Book.