

12 Steps On The PATH To Freedom

December 9, 2025

Assignment 20 – Final Preparation for Step Four Inventory

1. Read conclusion in Big Book, pages 70-71
2. Remember the purpose of this process – to identify and remove/have removed the impediments/ obstacles to a relationship with that Power deep down inside us.
3. Ask yourself where/when you have experienced: Guilt Shame Embarrassment Dishonesty (stealing) Irresponsibility Disturbance
4. Do you have any secrets? Is there any experience, incident, or embarrassment that has not been shared? ... with which you are still **uncomfortable**?
5. After praying the Set Aside Prayer, spend time reflecting (meditating) on each of these items and write out your thoughts, feelings and memories. Be specific. It is especially important to be specific about any area/item that you have conscious/intuitive awareness of resistance to disclosure; any area/event/behavior about which you have current discomfort or are currently disturbed. Err on the side of maximizing rather than minimizing. This is about “rigorous honesty” and about being transparent. This is about removing the sludge in us that blocks us from our Higher Power. ASK YOURSELF: How free do you want to be?
6. LISTEN/WATCH: Step Four: Dishonesty (Herb K. Session 2020~#33)



This is optional: write a gratitude list. Every year on Thanksgiving I have my family go around the table and tell everyone what they are grateful for. Amazingly, this makes people very uncomfortable. They would easily profess their negative issues but when it comes to gratitude, it is uncomfortable. Take a few minutes and reflect on all that you have to be thankful for, the list will be longer than you thought. If we want to be in our joy, we have to put the effort in to accomplish this simple feat, by focusing on our gratitude, we let the non-gratitude thoughts float away, we don't grab hold of them, as they are insignificant and we treat them as such. I am grateful for my connection with my higher power, the love of my family and every breath I take that gives me another opportunity to feel the love and joy that surrounds me.

Happy THANKSgiving from where it all began !