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How to do a fourth step fears inventory

Step 4 fears examples. 4th step fears list examples. How to do a 4th step fear inventory.

The 4th Step in Alcoholics Anonymous asks members to make "a searching and fearless moral inventory of ourselves." This request is not an arbitrary one but has been proven to be essential in establishing a sound foundation for recovery. What this step really asks of the member is much deeper and thorough than anyone may realize at the outset, but with a little diligence and support from a sponsor, the benefits are well worth the effort. First Things First As you may have heard already in the program: "first things first." Be sure that you are properly set up to work on your 4th Step by having fully gone through the first three steps with another program member. Only after this initial work in the program is the process of creating a workable 4th Step possible. There may also be some fear of the 5th Step, in which a member must divulge the contents of their 4th Step to another individual (ideally their sponsor), that inhibits the work of the fourth. First, worry about executing the 4th Step in a thorough manner, and then work through your fears about having to share it with someone else. In the 4th step, we must take the time to analyze how we've used the three most basic urges in life—our social, security, and sex instincts.

The Big Book of Alcoholics Anonymous specifically mentions the importance of putting the aspects of the 4th Step down in "pen and paper." That is, this inventory cannot and should not be an oral inventory. The program member must see his or her inventory on paper in front of them to ensure thoroughness and coherence in their thoughts about themselves and others. The 4th Step inventory should contain three critical parts: resentments, fears, and sexual conduct/harm done to others. 1. Resentments List any thoughts, experiences, memories, ideas, beliefs, or observations from your entire life that currently cause you negative emotional or mental experiences. This does not necessarily include the negative mental or emotional impulses that cause you to drink, but the thoughts you harbor that cause detrimental emotional or mental experiences from the past to the present. Usually, resentments are oriented towards a person, object, place, or thing and, in this sense, having a specific list via pen and paper is essential for listing these items. Don't forget that part of this process includes taking an honest look at resentments towards yourself, as well as resentments or reservations that you may have about things relevant to the program, such as the program itself or a Higher Power. 2. Fears Listing your fears may feel like an endless task. However, you may be amazed at how they seem to dissipate the moment you jot them down. Of course, there are some fears that are not as easily removed or even identifiable, but that is why you have a sponsor to help you in the process. Some helpful thoughts when considering your fears include asking yourself, "What do I fear today?" Then move forward and backward and ask yourself, "What do I fear from the past?" and "What do I fear about the future?" 3. Sexual Conduct/Harm Done to Others Depending on your temperament, this section can prove somewhat unnerving. However, experience has shown that sexual conduct is intimately linked to our views of ourselves and our views of others. In this sense, a thorough exploration of our sexual conduct in the past, especially as it relates to exposing character flaws or blemishes in us is essential. Many program members suffer from long-standing and repressed resentments, shame, and insecurity due to prior sexual experiences, which lingers for years below the surface. The 4th step is all about bringing these lingering fears, worries, shames, and elements of anger to the surface for an honest examination. The goal of ridding ourselves of these harmful pieces of our emotional and mental lives makes this process very worthwhile indeed. The biggest challenge for those engaging in a first 4th step is relinquishing the notion of right or wrong, justifications for their harmful actions or rationalizations that minimize the harms caused. What we desire above all is honesty, thoroughness, and a completely critical look at ourselves, which refuses to excuse the harms that we may have caused to ourselves or others. If you or someone you know is seeking help from alcohol addiction, please visit our directory of treatment centers or call 800-772-8219 to start the path to recovery today. Need Help Now? We're here for you 24/7 (888) 693-1872 Ask a Question We Offer Various Outpatient Services Ready to get started? Send Us Your Number and We'll Call You Now. Feeling Withdrawal Pain? Drug & alcohol withdrawal can be agonizing – even life threatening. We highly recommend you do not attempt to detox on your own. A medical detox will help you safely and comfortably withdraw from drugs & alcohol. Detox is the vital first step in the journey toward lifelong recovery. Detox Now Questions About Treatment? Get Confidential Help 24/7. Call For Questions About Our Program Insurance & Costs Our Simple Admissions Process (888) 693-1872 Get started on the road to recovery. Verify Your Insurance Health Insurance May Cover 100% of Treatment Costs*. Free & No Obligation Verifications The focus of the fourth step in Alcoholics Anonymous's (AA) twelve steps is to "make a searching and fearless moral inventory of yourself." It involves addressing a person's character flaws that one must face if recovery is to occur. You'll discover and examine liabilities by writing a moral inventory during the fourth step. This helps you answer the question, "what causes a person's alcoholism?" According to Alcoholics Anonymous' philosophy, AUD is a symptom of spiritual disease, and recognizing that disease is necessary for a person to recover.

They'll connect you to an addiction and mental health counselor. Find a Therapist Answer a few questions to get started. Step four is about sorting through past behavior with complete honesty.

I AM RESENTFUL AT?	THE CAUSE OR WHY WE WERE ANGRY?	AFFECTS MY?	WHERE AND WHEN SELFISH, DISHONEST, SELF SEEKING, OR FRIGHTENED
(People, Principles, Institutions - Include your complete grudge list and names of things you are angry at)	(Read top of page 65: "So we were sore. We were 'burned up'.")	(Self Esteem, Personal or Sex Relations, Pride, Security, Ambitions, Pocketbook)	
Examples:			
My Father	He drank too much. Embarrassed me.	Self Esteem, Personal Relationships, Pride, Security, Ambitions, Pocketbook	Afraid

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This step can be challenging because it requires reflection on the damage the AA participant caused in their relationships. Many participants have spent a long time justifying their behavior and addictions. This means they'll need to focus on being honest with themselves to gain the benefits of step 4. Although you may feel like you're in control of your addiction, you probably aren't. The challenges of step 4 include understanding your strengths and flaws, overcoming past and current mistakes, long hours of self-reflection, allowing yourself to feel vulnerable, and more. Step 4 can also be time-consuming for people who attend school, work, or have families. However, once you overcome these difficulties, you'll be a step closer to recovery. BetterHelp offers affordable mental health care via phone, video, or live chat. Find a therapist answer a few questions to get started. Step four of AA's 12-step program is challenging for many AA participants. If you aren't sure where to begin, start by listing people, places, ideas, and situations that trigger positive or negative feelings for you (some items might appear more than once). Setting aside feelings of embarrassment or fear when creating the list. Don't worry about anyone reading the list or if you are writing well. Or consider whether those feelings of fear or embarrassment belong on the list. Remembering that no matter how many times you compile this list in your mind, it is not complete until it is in a tangible, hard copy format. Remember, nearly everyone who completes this step has things they believe are too terrible to include on the list. Include them anyway. Otherwise, your list is incomplete, and you're not being honest. It's important to understand that AA is a place for people who also struggle with alcohol addiction. Nothing you can list is unique or too shocking for other participants. There are several questions that you can ask yourself and answer that will help you work through step 4, including: Who or what are the people, places, and things that trigger resentment, and why? What did I do that contributed to that resentment? How do these resentments affect my life and my relationships with others? Who or what do I fear and why? How do I respond negatively to my fears? Who or what triggers feelings of shame or guilt for me? What feelings do I struggle to allow myself to feel? How do I act out because of this? How do my fears and resentment affect my relationships? Have you compulsively sought sex and do you use it to fill a void? Have any sexual encounters caused you or someone else pain? How do you describe a healthy relationship? Do you have any secrets you haven't shared with anyone or haven't written about yet? Step four is necessary because a personal inventory is crucial in understanding how you will grow spiritually in your recovery. You decide in this step what parts of your character to retain and emphasize and which parts to modify or discard entirely. Like most humans, you have things you want to change or improve. This is when you address those things. In this step, you confront and assess the extent of your addiction. This helps you learn more about the severity of your substance abuse. Some people even discover other addictions they didn't realize they had and can seek addiction treatment for more than alcohol. Additionally, during this step, you look back at how your relationships with the people you love and trust who you harmed as a result of your addiction. Step 4 allows you to form a honest overview of your character, which makes it a vital step in recovery. The things you learn about yourself in this step can help you through the next steps of your journey. Completing step 4 can help you achieve spiritual and personal growth to find harmony in yourself. Once you understand your moral inventory, you'll be ready to head into the next step.

RESENTMENT INVENTORY (Sample Format)				
Item Resentful About	Cause	Affect/Attire	Mr. Pad in his life (negative)	Afraid (Fear)
My dad	1) He left us 2) He seemed weak. 3) He was an alcoholic	1) Self-esteem - If I am important then you would not leave me; Pride - he didn't think much of me if he left me; Ambition - I wanted a complete family and a father-son relationship; Security - I needed to feel protected and I needed his love; Personal relations - I never had a close relationship with him; Sex relations - I had no clue as to the role of a father, a husband or a man in a relationship; Pocketbook - we struggled on my mother's earnings	1) I was selfish because I was only concerned with how his leaving affected me, with no regard for his feelings, needs, desires or capabilities. I was dishonest because when he was there, I always wished he were gone. I was dishonest because he didn't leave us, my mom put him out. I was dishonest because his leaving was between my mom and him. I was self-seeking because I refused to interact with him or years. I was self-seeking because I belittled him to my brothers.	1) I was afraid of losing legitimacy. I was afraid of being disrespected. I was afraid of being looked down on. I was afraid of being like him. I was afraid of not having enough. I was afraid of being taken advantage of.
My son	1) Grades aren't good enough 2) Talks back. 3) Plays too many video games 4) Too shy in public 5) Lies to me	1) Self-esteem - If I were a better parent his grades would be better; Pride - teachers & students think I'm a bad example and a poor parent; Ambition - I want a successful child; Security - I need to feel my son can survive; Personal relations - Can't be affectionate with him because of disappointment with him; Sex relations - I have arguments with my wife over discipline; Pocketbook - money spent on numerous educational aids	1) I was selfish because I had no regard for his feelings or capabilities. I was only concerned with how his grades reflected on me as a person and a father. I was dishonest because I wasn't concerned with what he learned, only what his grades were. I was dishonest because I would promise to help him, but wouldn't take time to go over work with him or check his work. I was self-seeking because I belittled him when he didn't meet my expectations. I was self-seeking because I withheld my love from him as punishment.	1) I was afraid of being seen as a weak role model. I was afraid that people would know that I don't know how to be a good parent. I was afraid that his teachers would disrespect me. I was afraid that people would discover I'm not as smart as I portray. I was afraid he would not succeed in life. I was afraid that he would be taken advantage of. I was afraid he wouldn't be accepted by classmates.

Step 5 will focus on understanding the data and how to use it to make decisions. The next step will focus on how to use the data to make decisions.