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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.

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The Big Book of Alcoholics Anonymous specifically mentions the importance of putting strengths 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 come up again and again. Some fears are more easily removed than others. So, take time to list your fears and move forward with them. What I fear to lose is my family. What I fear to lose is my job. What I fear to lose is my health. 3. Sexual Conduct/Harm Done to Others Depending on your temperament, this section can prove somewhat uninteresting. 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 righteous anger, 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 800-772-6219 to start a trip to recovery today. Need Help Now? We're here for you 24/7 (888) 693-1872 Ask a Question! Get 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 encourage you do not attempt to detox on your own. A medical detox facility will safely and responsibly remove drugs & alcohol from your system. It's the vital first step to getting started in treatment. Detox is not the end goal. Call 24/7 (888) 693-1872 Ask a Question About Treatment? Get Confidential Help 24/7! Our Questions About Program Insurance Cost Counseling and Admissions team is available 24/7 (888) 693-1872 Get a Free VerityHealth Insurance Health Insurance May Cover 100% of Treatment Costs! Section 501(c)(3) Non-Profit. No Obligation. Verifications The focus of the fourth step in Alcoholics Anonymous' (AA) twelve steps is to "make a searching and fearless moral inventory of oneself." 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, AA is a symptom of spiritual disease, and recognizing that disease is necessary for a person to recover.

Recovery doesn't require above-average writing ability to create a moral inventory. But it does mean evaluating oneself and acknowledging what you find. Over 3 million people use BetterHelp. Their services are: Professional and effective Affordable and convenient Personalized and discreet Easy to start Find a Therapist Answer a few questions to get started The purpose of step four is to begin the spiritual growth necessary for recovery. It emphasizes establishing or improving your relationship with yourself, your loved ones, and a higher power. This step requires honesty and a candid look at: Yourself Your past Your character defects and flaws Most people with AUD struggle to understand the difference between fact and fiction due to how alcohol has affected their memory. They tend to create stories that allow them to live as they do until they're ready to begin recovery. This step is where someone gains a new perspective on their patterns, mistakes, and responsibilities. Instead of staying mired in their self-pity, they consider their previous behaviors and take responsibility for them. The fearless moral inventory is the action someone takes at this point in their recovery process. This step is rooted in being honest with oneself and letting go of the delusional thinking that was part of addiction. For many, this step feels good because they are finally being truthful and removing the weight of living a lie. In step four, you take responsibility for your past and current behavior. You'll be acknowledging and examining feelings: of embarrassing, painful, or difficult things that are the root of your addiction. Pity Pain Fear Anger or resentment Shame or embarrassment The inventory allows you to face negative thoughts and difficulties that are the root of your addiction. It requires you to look at how you avoided responsibility and blamed others for your behavior. This is the step where you address any abuse you've experienced or secrets you've kept.

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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.

			SELFISH, DISHONEST, SELF SEEKING, OR FRIGHTENED
AM I AM RESENTFUL AT?	THE CAUSE OR WHY WE WERE ANGRY?	AFFECTS MY?	
(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

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 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.

Your life can be 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 you harmed as a result of your addiction. Step 4 allows you to form an 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.

RESIDENT INVENTORY (Sample Format)				
On Resident At	Cause	Affects My	My Pain Bleeding, Shouting, Self-accusation Affecting Others	
			Avoid (hour)	
My dad	<p>1) He left to</p> <p>2) He seemed weak</p> <p>3) He was an alcoholic</p>	<p>1) Self-esteem - If I am important then you would not leave me.</p> <p>Pride - He did not think much of me as a life time friend. Ambition - I wanted a complete father and a father-son relationship. Security - I needed to feel protected and I needed his love.</p> <p>Personal relations - I never had a relationship with him.</p> <p>Sex relations - I had no clue as to the role of a father, a husband or a man in a relationship.</p> <p>Pocketbook - I was struggled on my mother's earnings</p>	<p>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 walked he were gone. I was dishonest because he didn't leave us my mom put out. I was dishonest because his leaving was my dream and I lost it.</p> <p>I was self-seeking because I refused to interact with him or years. I was self-seeking because I belittled him to my brothers.</p>	<p>1) I was afraid of losing legitimacy</p> <p>I was afraid of being disrespectful</p> <p>I was afraid of being looked down on</p> <p>I was afraid of being like him</p> <p>I was afraid of not having enough</p> <p>I was afraid of being taken advantage of.</p>
My son	<p>1) Grades aren't good</p> <p>2) Talks back</p> <p>3) Plays too many video games</p> <p>4) Too shy in public</p> <p>5) Lies to me</p>	<p>1) Self-esteem - If I were a better parent his grades would be better.</p> <p>Pride - I wish to a daughter that I'm a best example and a poor parent. Ambition - I want a successful child. Security - I need to feel my son can survive.</p> <p>Personal relations - Can't be friends with him because of disrespectful with him.</p> <p>Sex relations - I have arguments with my wife over discipline.</p> <p>Pocketbook - money spent on numerous educational aids</p>	<p>1) I was selfish because I had no regard for his feelings or capabilities. I was dishonest because I was always focused 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.</p> <p>I was self-seeking because I would promise to help him, but wouldn't take the go-over course with him or check his work. I was self-seeking because I berated him when he didn't meet my expectations. I was self-seeking because I withheld my love from him as punishment.</p>	<p>1) I was afraid of being seen as a weak role model</p> <p>I was afraid that people would know that I don't know how to be a good parent</p> <p>I was afraid that his teachers would disrespect me.</p> <p>I was afraid that I'm not as smart as I portray.</p> <p>I was afraid he would not succeed in life.</p> <p>I was afraid that he would be taken advantage of</p> <p>I was afraid he wouldn't be accepted by classmates.</p>

Step 5 will focus on acknowledging one's past mistakes and wrongs. The next step will have you confess your mistakes to yourself, others, and God. Updated on January 3, 2023