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Aa fourth step inventory

Aa step 4 inventory examples. Aa big book fourth step inventory. Aa step 4 explained.

| The Resentment | The Cause | Affects My | Character Defect | Nature of Wrong |
|--|--|---|---|--|
| People, institutions, or principles which I resent | Why am I resentful? | Self-esteem, pride, emotional security, finances, ambitions, personal relationships, sexual relationships | Selfish, dishonest, self-seeking, in fear | What action or behavior of mine caused harm? |
| Sister | Fought a lot, didn't feel supported or loved | Self-esteem, pride, emotional security, personal relationships | Selfish, dishonest, self-seeking, in fear | Caused her worry with my using, lied about my using, never let her in emotionally, and only cared about my own desires |
| Courts and Jails | Treated me poorly, made me go to jail, was incarcerated unfairly | Self-esteem, pride, emotional security, finances, ambitions, personal relationships | Selfish, in fear | Broke the law and didn't want to pay the consequences. In fear of facing consequences of my behavior |
| Spouse | Left me, wasn't there when I needed help | Self-esteem, pride, emotional security, finances, sexual relationships | Selfish, dishonest, self-seeking | Lied to spouse about using, was completely selfish, caring only about my own needs and how I could fill them |

Aa fourth step fear inventory. Aa 4th step example. Aa 4th step explained. Aa fourth step inventory sheets.

Alcoholism is a disease. Because people with this disease do not choose this illness, coping mechanisms for recovery are essential to ensure lasting sobriety. The most proven, successful tools offered to addicts/alcoholics come from the 12-Step Program of Alcoholics Anonymous (AA). Through AA, those struggling with problematic drinking can find recovery through community support from others who share their experiences, strengths, and hope for recovery in group meeting environments. Because the program has been so widely successful, there are countless AA-affiliated groups around the world, in almost every city and throughout 175 countries, as well as other groups like Narcotics Anonymous, Cocaine Anonymous, and other drug-related or addiction-related groups (shopping, eating, etc.) that have adopted these principles themselves. What are the 12 Steps of AA, Including Step 4 of AA? The 12 Steps of AA are a set of principles outlined for people struggling with compulsive, out-of-control behaviors that desire to seek recovery and lasting sobriety from alcoholism or drug addiction. The 12 Steps of Alcoholics Anonymous are: Admit you are powerless over alcohol - that your life has become unmanageable. Come to believe that a Power greater than yourself could restore you to sanity.

Figure 1: A schematic diagram of a multi-layered structure. It shows a central vertical column with a grid of cells. To the left of the column is a vertical bar with a grid of cells. To the right of the column is a vertical bar with a grid of cells. The central column is labeled 'Central Column' and the two side bars are labeled 'Side Bars'. The grid cells are labeled with numbers 1 through 10. The central column has 10 cells, the left side bar has 10 cells, and the right side bar has 10 cells. The central column is labeled 'Central Column' and the two side bars are labeled 'Side Bars'. The grid cells are labeled with numbers 1 through 10. The central column has 10 cells, the left side bar has 10 cells, and the right side bar has 10 cells.

Make a decision to turn your will and your life over to the care of God as you understand Him. Make a searching and fearless moral inventory of yourself. Admit to God, to yourself, and to another human being the exact nature of your wrongs. Be entirely ready to have God remove all these defects of character. Humbly ask Him to remove your shortcomings. Make a list of all persons you have harmed and become willing to make amends with them all. Make direct amends to such people wherever possible, except when to do so would injure them or others. Continue to take personal inventory and when you are wrong, promptly admit it. Seek through prayer and meditation to improve your conscious contact with God as you understand Him, praying only for knowledge of His will for you and the power to carry that out. Have a spiritual awakening as the result of these steps, and try to carry this message to alcoholics and to practice these principles in all your affairs. Don't forget to download our favorite 4th step inventory worksheet from Big Book Awakenings. The Importance of Step 4 in the 12 Steps of AA The purpose of Step 4, making a searching and fearless moral inventory of yourself, is to begin to determine the root cause of one's drinking, identify any weaknesses that may have contributed to alcoholism, and understand personal strengths that can help support the person with their self-discovery and recovery in the 12-step program. Through this moral inventory, the alcoholic will uncover negative thoughts, emotions, and actions that have contributed to the spiraling of their addiction. They will also direct their attention from blaming others to seeing their part in problems created. This step requires humility and rigorous honesty, as being truthful with oneself will be the blueprint for success with sobriety. This moral inventory will examine tendencies toward: Resentments/anger/jealousy Self-will Self-pity Guilt and shame Relationships Sex/abuse Personal weaknesses and strengths (assets) Because this step is so thorough in its quest to discover underlying issues, it is often the most difficult step to complete. However, the benefits of taking this step are beyond measure. While this may seem daunting, releasing these secrets has proven to be quite healing for the user. Keeping secrets to ourselves, however, proves to destroy a person's mental, emotional, and spiritual well-being. That is why taking a thorough moral inventory in Step 4 can be essential to producing lasting sobriety. How to Do Step 4 in the 12 Steps of AA and a 4th Step Inventory Worksheet You Can Use Different sponsors may approach the 4th step differently with their sponsees, depending on what they believe will be most beneficial for the person they are sponsoring. However, the three main categories that most elaborate on are: resentments, fears, and sexual conduct. One way to approach the 4th step is to list memories of people; institutions or organizations; principles, ideas, or beliefs; and events, situations, or circumstances that have produced negative feelings (anger, bitterness, resentment, etc.). It is important that while taking this inventory, one does not try to judge or analyze their writing abilities or hold back from writing certain resentments out of fear of being judged (e.g., feeling that the resentment is unwarranted, and they shouldn't feel the way they do, so they try to ignore the person or situation instead). One just needs to be as thorough as possible with this step if they wish to benefit from the internal freedom that can be produced by working a 12-step program. Furthermore, it is important to understand that taking a "fearless" moral inventory does not imply that there has to be no "fear" when taking this step. It simply means that although one may feel fear, they are willing to search their innermost thoughts and feelings through the process, regardless of the fear. Lastly, while one may be afraid to share their innermost thoughts and feelings with another (most likely their sponsor), the truth is that one's sponsor has probably heard "worse" things. Therefore, rest assured that your story is not all that unique, and there is personal healing and freedom if you choose to accept it. For more resources, check out our favorite 4th step inventory worksheet from Big Book Awakenings. How to Do Step 4 in the 12 Steps of AA and a 4th Step Inventory Worksheet Each person builds on each other and have the "vital spiritual experience" one needs to maintain lasting sobriety. Each person needs to complete the first three steps prior to completing the fourth step. Each person is free to sponsor willing to take you through all twelve steps. This person needs to be someone you will confide in and can help guide you on your journey to recovery. Sponsors are typically found in AA meetings or referred by alcohol or drug rehabs. Once you find a sponsor and work through the first three steps, you will be directed on how to complete the fourth-step inventory. Completing the fourth step does not need to be a daunting task if you can understand that every human has flaws and has made mistakes. It is what we do with those mistakes. However, that can define spiritual growth, harmony within ourselves, and, most importantly, lasting sobriety. So move through the fear and do a moral thorough inventory of yourself anyways. Your future self will thank you for taking the courageous steps toward emotional well-being. Infinite Recovery provides addiction treatment in Texas. To learn about our drug rehab centers, reach out today.

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We are one of the top-rated United Healthcare rehab facilities in Texas and accept most other major insurance carriers. Verify your insurance to start your journey to recovery.

Sources: Infinite Recovery has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical associations for our references. We avoid using tertiary references as our sources. You can learn more about how we source our references by reading our editorial guidelines and medical review policy. The focus of the fourth step in Alcoholics Anonymous' (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. 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.

| List: <u>1</u> (Reservements) | | | | | | | | | | 4 th Step Inventory | | | | | | | | | | www.Montpelier.com | |
|---|--|--|------------|--|--|------------|--|--|------------|--------------------------------|--|------------|--|--|------------|--|--|------------|--|--------------------|--|
| Category 1 | | | Category 2 | | | Category 3 | | | Category 4 | | | Category 5 | | | Category 6 | | | Category 7 | | | |
| The 1st Step: 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st, 32nd, 33rd, 34th, 35th, 36th, 37th, 38th, 39th, 40th, 41st, 42nd, 43rd, 44th, 45th, 46th, 47th, 48th, 49th, 50th, 51st, 52nd, 53rd, 54th, 55th, 56th, 57th, 58th, 59th, 60th, 61st, 62nd, 63rd, 64th, 65th, 66th, 67th, 68th, 69th, 70th, 71st, 72nd, 73rd, 74th, 75th, 76th, 77th, 78th, 79th, 80th, 81st, 82nd, 83rd, 84th, 85th, 86th, 87th, 88th, 89th, 90th, 91st, 92nd, 93rd, 94th, 95th, 96th, 97th, 98th, 99th, 100th, 101st, 102nd, 103rd, 104th, 105th, 106th, 107th, 108th, 109th, 110th, 111th, 112th, 113th, 114th, 115th, 116th, 117th, 118th, 119th, 120th, 121st, 122nd, 123rd, 124th, 125th, 126th, 127th, 128th, 129th, 130th, 131st, 132nd, 133rd, 134th, 135th, 136th, 137th, 138th, 139th, 140th, 141st, 142nd, 143rd, 144th, 145th, 146th, 147th, 148th, 149th, 150th, 151st, 152nd, 153rd, 154th, 155th, 156th, 157th, 158th, 159th, 160th, 161st, 162nd, 163rd, 164th, 165th, 166th, 167th, 168th, 169th, 170th, 171st, 172nd, 173rd, 174th, 175th, 176th, 177th, 178th, 179th, 180th, 181st, 182nd, 183rd, 184th, 185th, 186th, 187th, 188th, 189th, 190th, 191st, 192nd, 193rd, 194th, 195th, 196th, 197th, 198th, 199th, 200th, 201st, 202nd, 203rd, 204th, 205th, 206th, 207th, 208th, 209th, 210th, 211st, 212nd, 213th, 214th, 215th, 216th, 217th, 218th, 219th, 220th, 221st, 222nd, 223rd, 224th, 225th, 226th, 227th, 228th, 229th, 230th, 231st, 232nd, 233rd, 234th, 235th, 236th, 237th, 238th, 239th, 240th, 241st, 242nd, 243rd, 244th, 245th, 246th, 247th, 248th, 249th, 250th, 251st, 252nd, 253rd, 254th, 255th, 256th, 257th, 258th, 259th, 260th, 261st, 262nd, 263rd, 264th, 265th, 266th, 267th, 268th, 269th, 270th, 271st, 272nd, 273rd, 274th, 275th, 276th, 277th, 278th, 279th, 280th, 281st, 282nd, 283rd, 284th, 285th, 286th, 287th, 288th, 289th, 290th, 291st, 292nd, 293rd, 294th, 295th, 296th, 297th, 298th, 299th, 300th, 301st, 302nd, 303rd, 304th, 305th, 306th, 307th, 308th, 309th, 310th, 311st, 312nd, 313th, 314th, 315th, 316th, 317th, 318th, 319th, 320th, 321st, 322nd, 323rd, 324th, 325th, 326th, 327th, 328th, 329th, 330th, 331st, 332nd, 333rd, 334th, 335th, 336th, 337th, 338th, 339th, 340th, 341st, 342nd, 343rd, 344th, 345th, 346th, 347th, 348th, 349th, 350th, 351st, 352nd, 353rd, 354th, 355th, 356th, 357th, 358th, 359th, 360th, 361st, 362nd, 363rd, 364th, 365th, 366th, 367th, 368th, 369th, 370th, 371st, 372nd, 373rd, 374th, 375th, 376th, 377th, 378th, 379th, 380th, 381st, 382nd, 383rd, 384th, 385th, 386th, 387th, 388th, 389th, 390th, 391st, 392nd, 393rd, 394th, 395th, 396th, 397th, 398th, 399th, 400th, 401st, 402nd, 403rd, 404th, 405th, 406th, 407th, 408th, 409th, 410th, 411st, 412nd, 413th, 414th, 415th, 416th, 417th, 418th, 419th, 420th, 421st, 422nd, 423rd, 424th, 425th, 426th, 427th, 428th, 429th, 430th, 431st, 432nd, 433rd, 434th, 435th, 436th, 437th, 438th, 439th, 440th, 441st, 442nd, 443rd, 444th, 445th, 446th, 447th, 448th, 449th, 450th, 451st, 452nd, 453rd, 454th, 455th, 456th, 457th, 458th, 459th, 460th, 461st, 462nd, 463rd, 464th, 465th, 466th, 467th, 468th, 469th, 470th, 471st, 472nd, 473rd, 474th, 475th, 476th, 477th, 478th, 479th, 480th, 481st, 482nd, 483rd, 484th, 485th, 486th, 487th, 488th, 489th, 490th, 491st, 492nd, 493rd, 494th, 495th, 496th, 497th, 498th, 499th, 500th, 501st, 502nd, 503rd, 504th, 505th, 506th, 507th, 508th, 509th, 510th, 511st, 512nd, 513th, 514th, 515th, 516th, 517th, 518th, 519th, 520th, 521st, 522nd, 523rd, 524th, 525th, 526th, 527th, 528th, 529th, 530th, 531st, 532nd, 533rd, 534th, 535th, 536th, 537th, 538th, 539th, 540th, 541st, 542nd, 543rd, 544th, 545th, 546th, 547th, 548th, 549th, 550th, 551st, 552nd, 553rd, 554th, 555th, 556th, 557th, 558th, 559th, 560th, 561st, 562nd, 563rd, 564th, 565th, 566th, 567th, 568th, 569th, 570th, 571st, 572nd, 573rd, 574th, 575th, 576th, 577th, 578th, 579th, 580th, 581st, 582nd, 583rd, 584th, 585th, 586th, 587th, 588th, 589th, 590th, 591st, 592nd, 593rd, 594th, 595th, 596th, 597th, 598th, 599th, 600th, 601st, 602nd, 603rd, 604th, 605th, 606th, 607th, 608th, 609th, 610th, 611st, 612nd, 613th, 614th, 615th, 616th, 617th, 618th, 619th, 620th, 621st, 622nd, 623rd, 624th, 625th, 626th, 627th, 628th, 629th, 630th, 631st, 632nd, 633rd, 634th, 635th, 636th, 637th, 638th, 639th, 640th, 641st, 642nd, 643rd, 644th, 645th, 646th, 647th, 648th, 649th, 650th, 651st, 652nd, 653rd, 654th, 655th, 656th, 657th, 658th, 659th, 660th, 661st, 662nd, 663rd, 664th, 665th, 666th, 6 | | | | | | | | | | | | | | | | | | | | | |

our 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 This 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 and seek help from a therapist. Step five is about sorting through past behavior with complete honesty. This step can be challenging as it requires reflection on the damage the AA participant caused in their relationships. Many AA participants have spent a long time justifying their behavior and additions. This means they'll need to focus on being honest with themselves to qualify the benefits of step 5. 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. 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 harm? Have you ever physically harmed anyone? Have you ever threatened anyone? Have you ever lied to someone? Have you ever stolen anything? Have you ever been violent towards anyone? Have you ever used drugs? Have you ever been involved in a car accident? Have you ever been involved in a fight? Have you ever been involved in a lawsuit? Have you ever been involved in a criminal case? Have you ever been involved in a civil case? Have you ever been involved in a divorce? Have you ever been involved in a bankruptcy? Have you ever been involved in a foreclosure? Have you ever been involved in a repossession? Have you ever been involved in a seizure? Have you ever been involved in a fire? Have you ever been involved in a flood? Have you ever been involved in a hurricane? Have you ever been involved in a tornado? Have you ever been involved in a earthquake? Have you ever been involved in a volcano? Have you ever been involved in a tsunami? Have you ever been involved in a asteroid? Have you ever been involved in a comet? Have you ever been involved in a meteor? Have you ever been involved in a supernova? Have you ever been involved in a black hole? Have you ever been involved in a white hole? Have you ever been involved in a wormhole? Have you ever been involved in a time machine? Have you ever been involved in a teleportation device? Have you ever been involved in a cloning experiment? Have you ever been involved in a genetic engineering project? Have you ever been involved in a nanotechnology project? Have you ever been involved in a space exploration mission? Have you ever been involved in a deep-sea exploration mission? Have you ever been involved in a polar expedition? Have you ever been involved in a desert expedition? Have you ever been involved in a jungle expedition? Have you ever been involved in a mountain expedition? Have you ever been involved in a cave expedition? Have you ever been involved in a underwater expedition? Have you ever been involved in a outer-space expedition? Have you ever been involved in a intergalactic expedition? Have you ever been involved in a multiversal expedition? Have you ever been involved in a dimensional expedition? Have you ever been involved in a temporal expedition? Have you ever been involved in a spatial expedition? Have you ever been involved in a spatiotemporal expedition? Have you ever been involved in a omnidirectional expedition? Have you ever been involved in a omnipresent expedition? Have you ever been involved in a omniscient expedition? Have you ever been involved in a omnipotent expedition? Have you ever been involved in a omnibenevolent expedition? Have you ever been involved in a omnivorous expedition? Have you ever been involved in a omnifarious expedition? Have you ever been involved in a omnific expedition? Have you ever been involved in a omnigenous expedition? Have you ever been involved in a omniscient expedition? Have you ever been involved in a omnipotent expedition? Have you ever been involved in a omnibenevolent expedition? Have you ever been involved in a omnivorous expedition? Have you ever been involved in a omnifarious expedition? Have you ever been involved in a omnific expedition? Have you ever been involved in a omnigenous expedition?

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. 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