

Fourth Step Inventory

One of the requirements for sobriety is the need for confession of personality defects, a moral inventory, and step four is designed to be just this. There is a lot of hype and fear surrounding this step (mostly created by those who are yet to do it), and these worksheets are designed to make this task as easy and simple as possible. Everything contained in these sheets is directly from the Big Book 'Alcoholics Anonymous', there is no opinion, just fact. To be able to start on this step, the previous three steps must of course have been completed, so before starting check with your sponsor, spiritual advisor, counselor, etc. to make sure you are ready.

Many people get loaded or act out in some way when they reach this step. Why? They will tell you that the pain of dredging up memories long buried was too much to endure, or any one of a thousand other excuses. The plain and simple fact is just this, the pain does not come in writing this inventory, the pain comes in resisting the writing. Alcoholics and addicts, time after time, would rather get loaded again than have to face some inner truths. The freedom from self is made impossible by holding on to fears and secrets we've harbored all our lives, the way of strength, paradoxically, is in becoming vulnerable.

Here are some tips to help you with this moral inventory:

Try and list resentments in groups, i.e.: Family, school, relationships, work, etc.

If you are not sure in any area, call somebody and ask them for their experience.

Get into the habit of writing every day, even if it's only for ten minutes.

In the resentment inventory, don't write across, do it in columns, i.e: ALL names first, ALL causes second, etc.

Be honest! The only person to truly benefit from this exercise is you, don't cheat yourself out of this incredible experience.

4th Step Inventory Guide

Sally Myers,Blanche Woolls

4th Step Inventory Guide:

Step 4 Hazelden Educational Materials,Educational Materials Outreach,1982 Celebrate Recovery Volumes 5-8 Participant's Guide Updated Edition, The Journey Continues John Baker,Johnny Baker,2025-07-01 The Revolutionary Recovery Curriculum The Celebrate Recovery Participant's Guide Volumes 5-8 Updated Edition now combines all four volumes in this revolutionary second step study curriculum designed to be used after completing the Celebrate Recovery Participant's Guide Volumes 1-4 In the twenty five lessons of The Journey Continues you will experience Christ centered and biblically based studies filled with brand new acrostics deeper questions and more helpful Bible verses created by John Baker and Johnny Baker In Volume Five Moving Forward in God's Grace you will focus on a deeper study of the first three of eight recovery principles In Volume Six Asking God to Grow My Character you will focus on a deeper study of the fourth recovery principle In Volume Seven Honoring God by Making Repairs you will focus on a deeper study of principles four through six of the recovery process In Volume Eight Living Out the Message of Christ you will focus on a deeper study of the final two principles on the road to recovery By working through the lessons and exercises found in each of the four volumes of the Participant's Guide for The Journey Continues you will find a deeper sense of true peace and serenity Continue to restore and develop stronger relationships with others and with God and find deeper freedom from life's hurts hang ups and habits

Asking God to Grow My Character: The Journey Continues, Participant's Guide 6 John Baker,Johnny Baker,2021-06-08 Celebrate Recovery introduces The Journey Continues four new participant's guides designed as a revolutionary new second step study curriculum This step study is taken after completing The Journey Begins Participant Guides 1-4 In the five lessons in Guide 6 Asking God to Grow My Character you will experience Christ centered and biblically based studies filled with brand new acrostics deeper questions and more helpful Bible verses The content in Guide 6 will focus on a deeper study of the fourth recovery principle Openly examine and confess my faults to God to myself and to someone I trust Happy are the pure in heart Matthew 5:8 By working through the lessons and exercises found in each of the four participant's guides of The Journey Continues you will find a deeper sense of true peace and serenity continue to restore and develop stronger relationships with others and with God and find deeper freedom from life's hurts hang ups and habits

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Alcohol Problems and Alcoholism James E. Royce,1989 Balanced account of causes prevention and treatment of alcoholism **The Habit** ,1970 Dr. Fox's Family Health Guide James Rogers Fox,1965 **The Berkeley Traffic System (BTS) User's Guide** Edward C. Sullivan,1986 **Field Guide for Wetland Delineation** Wetland Training

Institute, Inc,1989 *The A.A. Grapevine* ,1946 **Alcoholism Treatment Rebirth** Kenneth Anderson,2025-03-30 This book covers the alcoholism treatment facilities established between the Repeal of Prohibition in 1933 and 1956 when it is erroneously believed that the American Medical Association declared alcoholism to be a disease This book blows out of the water the myths that AA invented the disease theory that Hazelden invented treatment that everyone flocked to Hazelden to learn how to do treatment and that AA convinced the American Medical Association to declare alcoholism to be a disease This book shows how the scholars at Yale University created a coast to coast science based alcoholism treatment industry in the 1940s and 1950s This book further demonstrates how Hazelden and its close ally the Johnson Institute hijacked this science based alcoholism treatment industry in the 1960s and 1970s and replaced it with one based on mysticism and faith healing These are the events which have led to the current divorce of addiction treatment from addiction science This book also chronicles the rebirth of pre Prohibition secret aversion treatments in the hands of new entrepreneurs such as HALCO Laboratories and the Samaritan Institutions and shows how Shadel Sanitarium turned these nostrums into legitimate scientific medicine This book also covers the Salvation Army Volunteers of America and other faith based programs Finally this book shows how AA groups set up AA indoctrination programs in general hospitals throughout the country starting in the 1930s Kenneth Anderson is an extremely important voice on addiction penetrating original and deeply wise Johann Hari author of Chasing the Scream **Virtue** ,1991 **Charisma and Christian Life** ,1991 **The publishers weekly** ,1992

Substance Abuse Sally Myers,Blanche Woolls,1991 **Step 4 Workbook** Podenco Press,2019-03-04 4th Step Workbook to help you to easily complete Step 4 in any fellowship This workbook provides a template for undertaking Step 4 by writing out answers to structured questions and prompts It is quite normal for us when we enter the rooms of recovery to dread working Step 4 Many of us are afraid of sharing it with our sponsors but others are more than willing they just don t know where to start with writing a life story or the traditional inventory columns This workbook contains questions and prompts which will allow you to recall significant matters much like a life story would but also incorporates some elements of the columns method by providing spaces for recording character defects and people harmed There is also space for writing a gratitude list and fifty lined journal pages 138 workbook questions prompts split into three sections childhood adolescence and adulthood Additional space for your own sponsor s additional questions Pages in each of the three sections for listing character defects for Steps 6 7 and people harmed for Steps 8 9 Space to write a gratitude list 50 additional lined pages for journal writing 8 5 x 11 inches This is a perfect gift to yourself or for a recovering friend or loved one

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