

# 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.

# Aa 4th Step Inventory Guide

**Steven L. Berg**

## Aa 4th Step Inventory Guide:

**Understanding the Twelve Steps** Terence T. Gorski,1991-04-15 An interpretation and guide to the 12 steps of Alcoholics Anonymous    **Woman's Way through the Twelve Steps Bundle** Stephanie Convington,2024-11-12 This is a bundle of A Woman's Way through the Twelve Steps and A Woman's Way through the Twelve Steps Workbook    **From the Crucible , Spirituality and Addiction** Steven L. Berg,1993    *Alcoholism and Other Drug Problems* James E. Royce,1996    **Alcohol Problems and Alcoholism** James E. Royce,1981 A study on alcoholism thoroughly documented as a college text but practical enough to be of interest to para professionals and counselors who wish to update their knowledge and the one million recovered alcoholics who are eager to learn more about their illness    **Twelve Step Sponsorship** Hamilton B.,2009-09-29 Twelve Step Sponsorship is the first truly comprehensive look at sponsorship a role recovering people benefit from both as sponsees and ultimately as sponsors Sponsorship is a rich and enduring part of tradition of Alcoholics Anonymous Twelve Step Sponsorship delivers both the theory and practice how to do it and why in a clear step by step presentation Written by the author of Getting Started in AA a widely acclaimed guide for the newcomer to the program of AA Twelve Step Sponsorship is the first truly comprehensive look at sponsorship a role recovering people benefit from both as sponsees and ultimately as sponsors Twelve Step Sponsorship includes informative sections that deal with finding a sponsor and being a sponsor Twelve Step Sponsorship offers a welcome reinforcement to the tradition of passing it on from one generation of sponsors to the next    **Pain and Chemical Dependency** Howard Smith,Steven Passik,2008-04-25 Both pain and addiction are tremendous public health problems Practitioners of every stripe say that they learned precious little about pain or addiction in their training and readily admit that instruction on the interface of pain and addiction is nonexistent The recent problem of prescription drug abuse has only served to highlight the fact that these two worlds need unificationthose who treat pain must be informed about the risks of controlled substances and those who treat addiction need to better and more fully understand their benefits Nowhere is the pooled knowledge of pain management and addiction medicine brought together to allow for a greater appreciation of the risks of addiction when treating people with pain and the pain problems of those with chemical dependency This major new volume brings this vast knowledge base together presenting an array of perspectives by the foremost thought leaders at the interface of pain and chemical dependency and is the most comprehensive resource on the subject to date There have been an increasing number of seminars devoted to this topic and a new society The International Society on Pain and Chemical Dependency has recently been formed and this volume is destined to become the classic text on this multidisciplinary subject It will appeal to anesthesiologists neurologists rehab physicians palliative care staff pain center physicians and psychologists    **Fourth Step Inventory** Ed Haych,2023-10-28 The first thing to do before you start your written Fourth Step is to read pages 63-71 in the book Alcoholics Anonymous affectionately known as the Big Book by A A members Also read the chapter on the Fourth Step in the

book Twelve Steps and Twelve Traditions Your fourth step inventory is not an exercise in beating yourself up Be thoroughly honest and fair with yourself The checklists included with this guide are merely suggestions You must decide for yourself how they fit with your own moral code Do not be limited by this list it's okay to add other items you feel are relevant for you

Deaths of the Poets Michael Symmons Roberts,Paul Farley,2017-02-09 From Dylan Thomas's eighteen straight whiskies to Sylvia Plath's desperate suicide in the gas oven of her Primrose Hill kitchen from Chatterton's Pre Raphaelite demise to Keats death warrant in a smudge of arterial blood the deaths of poets have often cast a backward shadow on their work The post Romantic lore of the dissolute drunken poet has fatally skewed the image of poets in our culture Novelists can be stable savvy politically adept and in control but poets should be melancholic doomed and self destructive Is this just an illusion or is there some essential truth behind it What is the price of poetry In this book two contemporary poets embark on a series of journeys to the death places of poets of the past in part as pilgrims but also as investigators interrogating the myth

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*The A.A. Grapevine* ,1952 Out of the Shadows Patrick Carnes,1983 The Sexual Addiction Patrick Carnes,1983 A guide to understanding both the sexual addiction and the Twelve Steps as a means of recovery The Greenwood guide to American popular culture M. Thomas Inge,Dennis Hall,2002 **Twelve Jewish Steps to Recovery** Kerry M. Olitzky,Stuart Copans,1991 **Alcohol and Drug Abuse Handbook** Roland E. Herrington,George R. Jacobson,David G. Benzer,1987

**A.A. Grapevine** ,1966

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