

Step 4

In the Third Step we decided to turn our thoughts and actions over to the care of God. The way we carry out that decision is by taking the actions of Steps 4 through 9. We found in Chapter 4, “We Agnostics”, that God dwells deep, down within us. We’ve been blocked from God’s Power because of our own self-will – our character defects and shortcomings (i.e.: selfishness, dishonesty, resentment, fear, guilt, shame, remorse, anger, etc.) The first step of us getting “unblocked” is Step 4: Made a searching and fearless moral inventory of ourselves.

The directions for the 4th Step inventory are found on pages 64 – 72 of the Big Book, Alcoholics Anonymous. Use page 65 as a model for the inventory process. The book suggests we inventory three areas of our lives – three manifestations of self: resentment, fear, and our conduct – with emphasis on sex.

Use this guide in conjunction with the Big Book and instructions given in Beginners’ Classes.

The following is the example, found on page 65, of the first three columns of the resentment inventory.

<u>I'm resentful at:</u>	<u>The Cause:</u>	<u>Affects my:</u>
Mr. Brown	His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.	Sex relations. Self-esteem (fear) Sex relations. Self-esteem (fear) Security Self-esteem (fear)
Mrs. Jones	She's a nut—she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.	Personal relationship. Self-esteem (fear)
My employer	Unreasonable—Unjust — Overbearing — Threatens to fire me for my drinking and padding my expense account.	Self-esteem (fear) Security.
My wife	Misunderstands and nags. Likes Brown. Wants house put in her name.	Pride—Personal sex relations— Security (fear)

NOTES:

NOTES:

RESENTMENT INVENTORY PROMPT SHEET

Here is a list of people, institutions and principles that may be helpful in your resentment inventory. Check the ones you are angry with, resent, or feel ill will toward. Add any additional names that are not on this list.

<u>PEOPLE</u>		<u>PRINCIPLES</u>
<input type="checkbox"/> Father (Step)	<input type="checkbox"/> AA Friends	<input type="checkbox"/> God-Deity
<input type="checkbox"/> Mother (Step)	<input type="checkbox"/> U.S. Service Friends	<input type="checkbox"/> Retribution
<input type="checkbox"/> Sisters (Step)	<input type="checkbox"/> _____	<input type="checkbox"/> Ten Commandments
<input type="checkbox"/> Brothers (Step)	<input type="checkbox"/> _____	<input type="checkbox"/> Jesus Christ
<input type="checkbox"/> Grandmother	<input type="checkbox"/> _____	<input type="checkbox"/> Satan
<input type="checkbox"/> Grandfather	<input type="checkbox"/> _____	<input type="checkbox"/> Death
<input type="checkbox"/> In-Laws	<input type="checkbox"/> _____	<input type="checkbox"/> Life After Death
<input type="checkbox"/> Husbands	<input type="checkbox"/> _____	<input type="checkbox"/> Heaven
<input type="checkbox"/> Wives	<input type="checkbox"/> _____	<input type="checkbox"/> Hell
<input type="checkbox"/> Aunts	<input type="checkbox"/> _____	<input type="checkbox"/> Sin
<input type="checkbox"/> Uncles	<input type="checkbox"/> _____	<input type="checkbox"/> Adultery
<input type="checkbox"/> Cousins	<input type="checkbox"/> _____	<input type="checkbox"/> Golden Rule
<input type="checkbox"/> Clergy	<u>INSTITUTIONS</u>	<input type="checkbox"/> Seven Deadly Sins
<input type="checkbox"/> Police	<input type="checkbox"/> Marriage	<input type="checkbox"/> _____
<input type="checkbox"/> Lawyers	<input type="checkbox"/> Bible	<input type="checkbox"/> _____
<input type="checkbox"/> Judges	<input type="checkbox"/> Church	<input type="checkbox"/> _____
<input type="checkbox"/> Doctors	<input type="checkbox"/> Religion	<input type="checkbox"/> _____
<input type="checkbox"/> Employer's	<input type="checkbox"/> Races	<input type="checkbox"/> _____
<input type="checkbox"/> Employee's	<input type="checkbox"/> Law	
<input type="checkbox"/> Co-Workers	<input type="checkbox"/> Authority	
<input type="checkbox"/> Creditors	<input type="checkbox"/> Government	
<input type="checkbox"/> Childhood Friends	<input type="checkbox"/> Education System	
<input type="checkbox"/> School Friends	<input type="checkbox"/> Correctional System	
<input type="checkbox"/> Teachers	<input type="checkbox"/> Mental Health System	
<input type="checkbox"/> Life Long Friends	<input type="checkbox"/> Philosophy	
<input type="checkbox"/> Best Friends	<input type="checkbox"/> Nationality	
<input type="checkbox"/> Acquaintances	<input type="checkbox"/> _____	
<input type="checkbox"/> Girl Friends	<input type="checkbox"/> _____	
<input type="checkbox"/> Boy Friends	<input type="checkbox"/> _____	
<input type="checkbox"/> Parole Officers	<input type="checkbox"/> _____	
<input type="checkbox"/> Probation Officers	<input type="checkbox"/> _____	

* Use this sheet to begin your resentment inventory in the meeting. Use the sheet on the next pages (pages 6 & 7) to make additional copies for the rest of your resentment inventory.

Resentment

I'm resentful at:	The cause:

Amend type (e) – *Wrongs we can never fully right:*

Be **very careful** about listing anyone or anything here. We only list someone here if we can **HONESTLY** say that the wrong cannot be righted, usually when to do so would further injure them or another person. We are **willing** (or pray for the willingness to become willing) to make the amend if we could.

- If the case is that they cannot be seen, we write them an honest letter.
- We don't delay if it can be avoided.
- We do not have to be scrapping, but we do have to be sensible, tactful, considerate and humble.

Discuss with your sponsor or the meeting facilitator the circumstances surrounding the amends before you list anyone here.

Name	+ / -	Name	+ / -

Self Esteem - How I think of myself
Emotional Security - General sense of personal well being
Pocketbook - Basic desire for money, property, possessions, etc.
Ambition - Our goals, plans and designs for the future

Amend type (d) - *Incidents of domestic trouble:*

- We may have committed adultery.
- After years with a drunk, spouses get worn out, resentful, and uncommunicative.
- We begin to feel self-pity (sorry for ourselves)
- So we look around for another, feeling justified, when WE were really the source of the problem in the first place.
- Sometimes that leads to guilt feelings.
- We have to do something about this.
- If the spouse does not know, we do not always say it is best to tell.
- If she knows something, we admit our fault.
- We have no right to name the names of others involved.
- Keep in mind we are dealing with the most horrible human emotion: jealousy.
- Don't risk more combat over this.
- Some think just being sober in the home now is enough. It isn't.
- We have treated spouses and family in a shocking way.
- We have been like a tornado.
- We broke hearts and uprooted affection, and our selfishness kept the home in turmoil.
- Just saying we are sorry will not do.
- We sit with the family and analyze the past, not criticizing any of them.
- Yes, they may have defects, but many of them were inspired by our behaviors.
- We pray each morning for God to show us the way of patience, tolerance, kindness, and love.

List the family members you owe amends to:

Name	+ / -	Name	+ / -

Inventory

Self Esteem	Emotional Security	Affects my:			Sex Relations	Pride
		Pocketbook	Ambitions	Personal Relations		
My wrongs – Where had I been selfish, dishonest, self-seeking, or frightened?						

Personal Relations - Our relations with other people
Sex Relations - Basic drive for sexual intimacy
Pride - How I think others view me

Resentment

I'm resentful at:	The cause:

Amend type (c) – *Incidents of criminal offense:*

- Some of us padded expense accounts, fell behind on child support, wrote bad checks, and committed other offenses of the law.
- We remind ourselves that we must be willing to go to any lengths to correct these mistakes if we are to stay sober.
- We don't have the power to do this.
- We ask God for strength and direction.
- We don't worry about the consequences. We know God will protect us if we try to do the right thing for a change.
- We may lose position or reputation, though most of us have experienced that already.
- We are willing anyway.
- We must not shrink at anything.

List those you owe money, using the columns below:

Name	+ / -	Name	+ / -

QUALIFICATION: (Caution where others are concerned)

Sometimes others are involved (spouses, children, other family members). We don't sacrifice them to save ourselves. Before taking drastic action that might affect another, we get their consent, we consult others, and we ask God to help. If the drastic step is still indicated, we move ahead.

Self Esteem - How I think of myself

Emotional Security - General sense of personal well being

Pocketbook - Basic desire for money, property, possessions, etc.

Ambition - Our goals, plans and designs for the future

Amend type (b) – *The people / institutions owed money:*

- Most alcoholics owe money.
- We don't dodge anyone.
- In some cases, some of us had to disclose our alcoholism by way of explaining what drove us and what we are now trying to do.
- We do not try to beat anyone out of anything, but we arrange a deal that we can live up to. Arranging time payments has worked for many of us.
- Let them know you're sorry.
- Drinking made us slow to pay.
- If we fear facing our creditors, we often drink.

List those you owe money, using the columns below:

Name	+ / -	Name	+ / -

Inventory

Self Esteem	Emotional Security	Affects my:			Sex Relations	Pride
		Pocketbook	Ambitions	Personal Relations		
My wrongs – Where had I been selfish, dishonest, self-seeking, or frightened?						

Personal Relations - Our relations with other people
Sex Relations - Basic drive for sexual intimacy
Pride - How I think others view me

Steps 8 & 9

It is time now to clear away the wreckage of our past. We do this by making amends and restitution. **Restitution** is defined as “the giving back of something that was taken away.”

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

For Step Eight, we'll give you a guide in order for you to have one last opportunity to be certain that all has been uncovered which must be. Please complete the guide on your own as soon as possible.

Now, please take out your inventory forms, as they are the heart of our Eighth Step amends list. But we also need to ask God to reveal to us any others we have harmed but who are not yet on our list, and we'll add their names now as we move on to Step Nine.

Step 9: Made direct amends to such people, wherever possible, except when to do so would injure them or others.

The amends process is explained as the Big Book tells us what to do:

“...Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember, it was agreed at the beginning that we would go to any lengths for victory over alcohol.”

There are five categories of amends. The following are guide lists with the key suggestions in the Book for each type. Read Steps Eight and Nine in the Big Book (pages 76 – 84) before using this guide.

The Big Book divides the amends that we need to make into five types. We'll list each of the amends that you need to make according to the type. Then, before approaching anyone, reread the advice offered by the Book regarding each type. Also, seek counsel from your sponsor, spiritual advisor, or another member of the group that's gone through the amends process. Finally, pray each morning regarding all the items listed. Now, label each with a plus (+) or a minus (-), depending on your willingness to

make the amends -- a plus indicating immediate readiness and the minus noting the ones you feel more hesitant about. Use this sheet to begin your fear inventory in the meeting. Use the sheet on the next page (page 10) to make additional copies for the rest of your fear inventory.

Fears

I'm fearful of:	Why do I have this fear? (Has self-reliance failed me?)

Fears

I'm fearful of:

Why do I have this fear?
(Has self-reliance failed me?)

When you've returned home after your 5th Step, be sure to review and answer the questions in the last paragraph on page 75. If you'd like, you can use the space on this page to answer the following questions. But first, as the book suggests, "We thank God from the bottom of our heart that we know Him better. Carefully reading the first five proposals we ask if we have omitted anything":

1. We admitted we were powerless over alcohol— that our lives had become unmanageable.
 2. Came to believe that a Power greater than our-selves could restore us to sanity.
 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
 4. Made a searching and fearless moral inventory of ourselves.
 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- Is your work solid so far?
 - Are the stones (foundation, cornerstone, and keystone – Steps 1, 2, and 3) properly in place?
 - Have you skimped on the cement (willingness) put into the foundation?
 - Have you tried to make mortar without sand? (Have you tried to get recovery without the unity found in the fellowship? Have you tried to "give back" with service without having experienced recovery – attempting to give back something you haven't experienced yet?)

Steps 6 & 7

If you've answered the above questions to your satisfaction you're ready for Steps 6 & 7.

- Are you now ready to let God remove from you all the things which you have admitted are objectionable in Steps 4 & 5?
- Can He (God) now take them all—everyone?
- If we are not entirely ready, we pray for the willingness?

If we are ready, we pray the "7th Step Prayer" (page 76):

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

Review of

Whom did I hurt?	What did I do? Where was I at fault? Where had I been selfish, dishonest, or inconsiderate?

Conduct

Did I arouse: Jealousy? Suspicion? Bitterness?	What should I have done instead?



Alcoholics Anonymous

Beginners' Classes



Handouts for

Steps 4 – 9

*To be used with, not instead of, the Big Book, Alcoholics Anonymous

**Wednesday Morning 7am Beginners' Classes
West Orange, NJ**