

4th Step Workshop

Welcome and Congratulations! You have made an important decision to be here today and we are glad that you did!

What is the purpose of the Twelve Steps? Why are we here?

AA's Twelve and Twelve text states that these steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.

Steps 1, 2, and 3 introduce us to the principles of Honesty, Hope and Faith. We gain Courage as we properly identify our past in Step 4. In 5, 6 and 7 we begin to rectify our part in life and Integrity, Willingness and Humility begin to replace some of those old defenses. The principles of Brotherly Love and Justice are the result of Steps 8 and 9. And finally 10, 11 and 12 are the principles guided by in our daily lives of Perseverance, Spiritual Awakening and Service.

The self-appraisal in Step 4 is a fact-finding process. It is an effort to discover the *truth* about ourselves. Step Four follows the simple ideas of Step 1, 2 and 3 in which we laid a foundation, positioned the cornerstones and put in place the keystone of the new and triumphant arch through which we pass to freedom!

The worksheets that follow are a format that has been established directly from the book Alcoholics Anonymous. They have been carefully created to reflect the precise instructions found in the text and are referenced with page numbers as appropriate. There are four parts to a personal inventory: Resentments, Fears, Sex Conduct and Harms to Others. Each inventory is to be completed independently and thoroughly to the best of your ability following the instructions on each sheet. As we proceed in our recovery we will learn in our Tenth Step Daily Inventories, how to keep our side of the street Clean and in order, as we adjust our character to a more useful way of living.

We are preparing ourselves to have a life of purpose, which we have been granted, because we walked in that door! We can be freed from that which use to block us and experience a personality change significant enough to recover from alcohol! We can offer our experience, strength and hope to the next person who desires to stop drinking and in doing so, we are being of maximum service!

“Abandon yourself to God as you understand God. Admit your faults to Him and your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny! May God bless you and keep you – until then” (Pg. 164 BB).

4th Step Inventory:*Resentments*

A searching, fearless and moral inventory.

..... a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade.

Being convinced that self, manifested in various ways, was what had defeated us, we consider its common manifestations. Resentment, Fear and Sex

Resentment is the #1 offender!**In dealing with resentment we set them on paper** pg. 64

1. **"I am resentful at:"** (pg.64): "In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry."
2. **"The cause:"** (pg. 64): "We asked ourselves why we were angry."
3. **"Affects my..."** "Which part of self...?" (pg. 65): "On our grudge list we set opposite each name our injuries. Was it our self-esteem (SE), our security (SEC), our ambitions (AMB), our personal (R), or sex relations (SR), which had been interfered with?"

4th Step Inventory:*Resentments*

We turned to the list, for it held the key to the future. We were prepared to look at it from an entirely different angle.

We ask God (pray) to help us show them the same tolerance, pity and patience we would cheerfully grant a sick friend. 'This is a sick man. How can I be helpful to him? God save me from being angry. They will be done.

4. Referring to our list again (Pg. 67)we resolutely look for our own mistakes... **Where had we been selfish, dishonest, self-seeking and frightened?**
5. **Where were we to blame?** The inventory was ours...we saw our faults we listed them. We placed them before us in black and white. We admitted our wrongs honestly.

*Where had we been
Selfish, Dishonest,
Self-Seeking, and
Frightened?*

Our Faults

Fear

FOURTH STEP INVENTORY: Resentments

Read from bottom of page 63 through 65 of the Big Book before beginning.

1. Column 1: Page 64: "In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry."
2. Column 2: Page 64: "We asked ourselves why we were angry."
3. Column 3: Page 65: "On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with? " (Complete each column within column 3 from top to bottom. Starting with Self-Esteem and finishing with Sex Relations.
4. Column 4: Page 67: "Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a Situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's."

I'm resentful at:	The Cause	What part of self was hurt or threatened?								Where was I to blame?							
List the names of people Institutions or principles with whom we were angry.	Why am I angry?	Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Selfish	Dishonest	Self-seeking	Frightened	Inconsiderate	The exact nature of my wrong. Be specific.			

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4th Step Inventory:

Now about Sex...

Many of us needed an overhauling there. We reviewed our conduct over the past years.

Event: Slept with my best friend's boyfriend.

Where had we been selfish, dishonest, and inconsiderate?

Selfish – thinking only of how I felt in the moment.

Dishonest – In denial that I was hurting anybody so I could justify my actions.

Inconsiderate – Didn't think of my friend's feelings.

Whom had we hurt?

My friend.

My friend's boyfriend.

My boyfriend.

Myself.

Our circle of friends.

Did we unjustifiably arouse, jealousy, suspicion, or bitterness?

Jealousy – I was mad at my boyfriend so I wanted to make him jealous by sleeping with someone else.

Suspicion – I left my Facebook chat open so my boyfriend could see my conversation with my friend's boyfriend?

Bitterness – I was jealous of my friend's relationship so I slept with her boyfriend to make her bitter.

Where were we at fault?

Cheating: I cheated on my boyfriend.

Low Self-Esteem: I slept with him to build my self-esteem.

Not True to Myself: I'm not happy in my relationship and want to be single.

Sabotaging: Creating a situation to make my boyfriend break up with me (so I wouldn't have to do it myself).

What should we have done instead?

Should have been honest with my boyfriend about my feelings before acting on them.

I should not have slept with my friend's boyfriend.

In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relationship to this test.

Was it selfish or not?

Relationship with my Boyfriend: Selfish – Was only staying in it because I was afraid to be alone.

Relationship with my Friend: Selfish – I didn't think about how this would affect her or our relationship.

Relationship with my Friend's Boyfriend: Selfish – I didn't think about how this would affect him and his relationship with my friend.

Relationship with my Circle of Friends: Selfish – I tried to seek Group Pity and ended up making my friends uncomfortable and untrusting.

We ask God (pray) to mold our ideas and help us live up to them. Remember always that our sex powers were God given, therefore good, neither to be used lightly or selfishly nor to be despised and loathed. (Pg. 69)

We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing.

4th Step Inventory:

Sane and Sound future sex life

'In this way we tried to shape a sane and sound idea for our future sex life.'

Whatever our idea turns out to be, we must be willing to grow towards it.

4th Step Notes, Definitions and Instructions

Self Esteem - How I think of myself

Pride - How I think others view me

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

Personal Relations - Our relations with other people.

Emotional Security - General sense of emotional well being

Sex **Relations** - Basic drive for sexual intimacy

Selfish, self-centered, egotistical - "It's about me!"

Ambitions - Our goals, plans and designs for the future. Ambition deals with the things that *we want*. In examining our ambitions we notice that we have the following types:

Emotional ambitions. Our ambitions for Emotional Security. Our "feelings".

Material ambitions - Our ambitions for "Our pocketbook." Our ambitions towards physical and financial well-being.

Social ambitions - Our "place or position in the herd." Our ambitions of how others view us. Our ambitions towards what people think about us.

Sexual ambitions - Refers to ambitions for sex relations. Does this really need a definition?

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