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Aa step four worksheet

The fourth step is very special in the 12-step program. In previous steps, we have admitted our problems and handed our lives to the God of our understanding, our Higher Power. We are told to make "a searching and fearless moral inventory of ourselves." Sober Speak provides two step 4 inventory worksheets for writing your moral inventory. The fourth step inventory worksheets are a comprehensive and must be completed without holding anything back. They are an honest look at ourselves; from this, we gain a new perspective on who we are and what we need to work on. They also allow us to explore all our character defects. To be effective, an inventory process must be marked by rigorous honesty. We expose ourselves to ourselves with all our negative feelings and character flaws and do that fearlessly. This step aims to set us on the path to emotional sobriety. The other alternative is being a so-called "dry drunk," which is someone sober but whose attitudes and actions remain those of their drinking past. In the fifth step, we will become willing to have God take all of this away and ask for that in the sixth. In the eighth, we made a list of all persons we had harmed and became willing to make amends to them all. When we finish the ninth, we have made direct amends to such people wherever possible, except when to do so would injure them or others. This shows how fundamental the fourth step is to the steps of Alcoholics Anonymous. Here is a brief fourth-step worksheet guide using the four charts in the Sober Speak Step 4 worksheets. Each chart contains a brief introduction, an example and details the idea behind each column. The Big Book says that resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease. Resentment creates dangerous negative thoughts. They fester like a sore and erupt as anger, bitterness, or melancholy. They are more likely than anything else to cause a relapse. Here, we name a resentment. It does not have to be one word. It could be "Not having the final word." The next column is: This can be anything—a person, an organization, or a company. Think deeply about this. Some objects of resentment are surprising and very unpleasant to admit to, like resenting our children for forcing too much responsibility on us. The next column is: There are so many reasons we can resent things; many will touch on the fears we deal with later. The next column is: Resentments are expressed in attitudes and actions. We make the effect clear. Often, an effect will trigger a memory of harm that we can list. It is safe to say that these four charts do not exist in isolation but feed into each other. The way fear affects us is described as follows: This short word somehow touches on every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. What Do I Fear?Why do I fear it?What Effect Does It Have on Me?How Does it Affect Others?Being aloneBecause it makes me feel as though I have no value.I become morose and demand attention.They try to avoid me which reinforces the loneliness. They become resentful. As alcoholics, fear was a constant companion. Many AA members began their path to addiction by drinking to dispel fear. Here we list each fear we have. This column states the underlying cause or causes of the fear. The next column is: What does this fear do to us? How do we react to it? How does it affect our daily living? The next column is: We are not the only ones affected by our responses to things. The way we respond to our fears affects others as well. Here we state how others react to the effect it has on us. In the example, the reaction to the way the recovering addict used to become depressed ensured that others steered clear of them. We are told that we must be willing to make amends where we have harmed, provided that we do not cause further harm. This part of the fourth step inventory will be used in the eighth step: "Made a list of all persons we had harmed and became willing to make amends to them all." In the 9th, we make direct amends to such people wherever possible, except when doing so would injure them or others. Dealing with these harms is vital to our spiritual growth and to achieving ongoing sobriety. What Harm Did I Do?Who Did I Harm?Why Did I Do This?What Defect Made Me Do It?Lied about my drinkingMy family, My friendsI did this to "protect" myself.Selfishness because I wanted to carry on drinking.Pride and not wanting to admit to a problem. This is the immediate fight-or-flight response we are noting here. The next column is: This is the deeper level of "Why Did I Do This?" What triggered the negative feelings that caused us to harm another? Each harm stems in some way from negative thoughts. The Big Book tells us to evaluate our sexual activity in this way "We subjected each relation to this test - was it selfish or not?" The sex conduct worksheet deals with matters that society considers too intimate to discuss. The Big Book responds by establishing that "we treat sex as we would any other problem." With Whom?What Happened?How Did We Hurt If We Did?Who Was Hurt?What Defect(s) Affected This?I don't know her name.One night stand after drinking. I bragged to my wife afterward.By being vengefulMy sex partner and my wife.Anger at my wife for commenting about my performance when I was drunk. Insecurity about being adequate Who else was involved in the encounter? Not all the sordid parts, but an overview of how the event transpired. The next column is: Not all sexual encounters were necessarily bad, but if we did hurt someone, we need to state the harm we did. The next column is: List the names of the people who were harmed. This might include yourself more often than you realize. The next column is: W/we didn't harm people for no reason. So, what underlying flaw prompted this action? Step 4 can take a long time. Do not let that put you off. This personal inventory step can be challenging. Focus on the words of the 9th step promises: We will not regret the past nor wish to shut the door on it. With each step we take, we can recall this part of a program and a process working toward a spiritual awakening. Steps are related; the fourth step is one part of a sum of critical parts working to improve ourselves. We will revisit this process of assessing how we wronged others daily for the rest of our lives. In this way, the fourth step inventory is like a training event that is harder than the final event. Do not treat it as a sprint and miss things. And do not treat it as a marathon because when it is long, we balk at continuing. The Big Book puts what we have achieved by completing this step very plainly when it says: you have swallowed and digested some big chunks of truth about yourself. At the end of the day, though, we have already started to be honest with ourselves when, back at step one, we admitted we were powerless over alcohol. That was the scariest step of all. Edited on June 1, 2022 These are the original Fourth Step Guides and Work sheets used in the Dallas B. AA Big Book Study, the 4th Step Workshops, and the 12 Step Study Workshops. If you get these 4th Step Worksheets and Guides else — they are likely not the originals and may have been changed or altered. These Guides and Worksheets have been used by thousands of AA's, NA's, Al-Anon's, OA Overeater's, CA's, GA's and other 12 Step Recovery Program Members that use the 12 Steps as instructed in the book, Alcoholics Anonymous. Get the most out of these A.A. 4th Step Work sheet by taking time to read the INSTRUCTIONS that go with them. Included as a download file, below. There is a difference in an "AWAKENING" and an "Understanding." The 12 Steps are about having a 'Spiritual Awakening' as the result of having 'taken' these 12 Steps. WHY IS THIS IMPORTANT? Knowing, Understanding, and Experiencing are NOT the same. We're fooling ourselves when we think we can understand psychic or spiritual experiences and psychological transformations - BEFORE we've experienced them. UNDERSTANDING comes later — after we've had the experience produced by 'taking' the 12 Steps. For now, take the actions — and see what happens AFTER we have our AWAKENING experience in Step 12. The purpose of taking the 12 Steps — is so that you can experience being comfortable — while sober! Step 4: "Made a searching and fearless moral inventory of ourselves." NOTE: Scroll down this page for the links to the 5 worksheets that you can download. (About the middle of this page). Click or touch the links and they will open and then save or print a copy. There is much more to sobriety than just being physically sober. There is more to sobriety than having the obsession for alcohol removed. Sober isn't much fun - unless we can find a way to be happy and thriving while sober. And that's what taking the 12 Steps will do for you. To be happy WHILE sober requires emotional sobriety. The Fourth Step is an action step towards PHYSICAL and EMOTIONAL sobriety. We are in a process with the 12 Steps that will transform our thoughts, our attitudes, and move us towards recreating our lives. In Step 3, We made a decision to give up our old plans for living and to try A.A.'s 12 Step Plan for Living. Step Four is a fact-finding and fact-facing process. We are searching for the "causes and conditions" that produced our miserable results in life! We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the patterns - that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our HIGHEST good, and for the HIGHEST good of those with whom we come in contact. This prepares us to live a life of purpose - where we can be in maximum fit condition to be of service to others. Everything contained in the Fourth Step Inventory Worksheets is distilled directly from the book - Alcoholics Anonymous. NEW! Be sure to download ALL SIX WORKSHEETS below: The first one is the 4th Step Guide Instructions page. Read the instructions page first. If you have questions contact Dallas B. here, on this website's contact form — and we will be sure that he gets it! You can also contact Dallas B., on Facebook by visiting the Step12.com page on Facebook, until we restore our forums on this website. 1 The 4th Step Guide Instructions 4th-step-instructions-xDownload 2 The 4th Step - Resentments worksheet 4th-step-resentments-xDownload 3 The 4th Step - Fear's worksheet 4 The4th Step - Sex Conduct Worksheet. 4th-step-sex-conduct-xDownload 5 The 4th Step Inventory - Harms to Others Worksheet NEW: We've decided to include this page as Download Number Six - which will include links in the PDF files to make it easier for you to access them in the future, and easier for you to pass them on to others - if you desire to do so. 6. This page with links to all the forms, too There is a detailed instruction sheet that goes with the Step 4 Inventory forms, from the workshop. Please read that instruction sheet, follow the instructions, and read all the references in the Big Book mentioned in the instructions, and read the Big Book references on each one of the individual forms. If someone offers you one that you can type your 4th Step Inventory in it — RUN AWAY AS FAST AS YOU CAN! The Big Book SPECIFICALLY instructs us use pen and paper to do this! (There is a huge psychological reason for 'hand writing' rather than 'typing') . NOTE: Is this official A.A. Literature? What is more OFFICIAL — than The Book, Alcoholics Anonymous? If you have questions or need additional help — contact us here at Step12.com