

SPONSOR / SPONSEE STEP FOUR WORKSHEET

"We made a searching and fearless moral inventory of ourselves."

Many of us sat with a Fourth Step guide and looked at it with fear. We ask ourselves is this necessary? The purpose of this worksheet is to prepare us for this step. When we understand this step and why it must be done, our attitude can be of positive expectation, rather than one of fear and panic.

Now let's take a look at what the Fourth Step is about. What is a moral inventory? Most of us are pretty good at taking an inventory of someone else without even knowing the facts and motives connected with that person, but now we are going to take our own inventory, using self honesty on all the facts and feelings connected with our attitude, personalities and behaviors. That is exactly what a moral inventory is. We are going to look at our values and morals throughout our lives, including now.

When you begin to write on the topics of your guide, you are not to write just your personal history, but the feelings connected with the act as well as the feelings you have about them today. You may ask why so much concern about feeling? The reason for this is the Fourth Step is going to introduce you to your real self. The purpose of this step is not to judge you, but let you become aware of yourself as you were in your past and how you are today, so you know what you need to change in your life, attitudes and behavior. This step will also release the stored up guilt you have been carrying with you. You will realize you are not responsible for many of the things you did in your addiction. Your disease is responsible for that. You will become aware, however, that you are responsible for recovery. There are no longer excuses, because you realize you must live the steps daily or you will die spiritually, emotionally and physically.

The first three steps gave us a foundation to be able to live life on its own terms. The steps Four through Nine are the cleansing and release steps that will give the power to live life. The steps Ten through Twelve are the maintenance steps, so you can see we can't take any of the steps lightly. Knowing now that the Fourth Step is the doorway to the cleansing and release steps, we can go forward with an attitude of positive expectation for the new life we are growing into.

You must begin the Fourth Step by setting the goal and writing daily. Don't try to write the perfect manuscript. Write as honest as you can and don't go back over it and edit any of it. If you can't remember what you wrote, that is OK. It won't hurt to write the same again. Keep your attitude positive, the purpose of this is for you to get to know yourself better.

When you are done with your Fourth Step you will keep it to identify patterns, defects, shortcomings and amends. You will need this when working the other cleansing and release steps. As you begin to write, even though you are doing the work, you are not alone. Your Higher Power, the N.A. program and the WE of the program are with you.

Write out the following questions and answers on a separate paper and return to your Sponsor:

1. What is a moral inventory of ourselves?
2. What quality of character must be used in taking an inventory?
3. Why is the Fourth Step so important?
4. What do feelings have to do with a Fourth Step?
5. Why is a Fourth Step not a history, a confession and a judgement?.
6. What will a Fourth Step do for you?