

4th step aa worksheet

The 4th Step AA Worksheet: A Comprehensive Guide to Moral Inventory

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Summary: This guide provides a comprehensive walkthrough of the crucial 4th step in the Alcoholics Anonymous (AA) 12-step program. It details the process of creating a thorough moral inventory, offering best practices, common pitfalls to avoid, and practical tips for navigating this challenging yet transformative step. The guide emphasizes the importance of honesty, self-compassion, and the spiritual aspects of the 4th step, ultimately leading to a deeper understanding of self and paving the way for amends and lasting recovery.

Understanding the 4th Step AA Worksheet: A Foundation for Recovery

The Fourth Step in the Alcoholics Anonymous program, "Made a searching and fearless moral inventory of ourselves," is often considered one of the most challenging yet rewarding steps in the recovery journey. A 4th step AA worksheet serves as an invaluable tool in this process, guiding individuals through a deep self-examination of their character defects and past actions. This isn't merely a list of mistakes; it's a journey of self-discovery that unlocks the path to lasting sobriety and personal growth.

Best Practices for Completing Your 4th Step AA Worksheet

A successful 4th step AA worksheet requires honesty, introspection, and a willingness to confront uncomfortable truths. Here are some best practices:

Find a Safe and Quiet Space: Create a serene environment conducive to deep reflection. This could be a quiet room, a nature setting, or anywhere you feel comfortable and safe to explore your innermost thoughts and feelings without judgment.

Utilize a Structured 4th Step AA Worksheet: While the specific format isn't prescribed, a structured worksheet can help organize your thoughts and ensure thoroughness. Many variations are available online and in AA literature.

These worksheets often guide you through categories like:

Resentments: Identify and explore feelings of anger, bitterness, or resentment towards others.

Fears: Examine deep-seated fears and anxieties that may be contributing to your struggles.

Self-Deceptions: Acknowledge ways you've deceived yourself or others.

Past Actions: Review past actions and their consequences, focusing on the impact on yourself and others.

Character Defects: Identify recurring patterns of behavior, thought processes, and personality traits that have negatively impacted your life and relationships.

Be Honest and Fearless: The power of the 4th step lies in its honesty. Avoid sugarcoating or minimizing your shortcomings. Embrace the fear that may arise as you confront your deepest flaws; it's a crucial part of the healing process.

Seek Guidance: Don't hesitate to seek support from a sponsor, therapist, or trusted member of your recovery community. They can offer guidance, perspective, and accountability as you work through this challenging process.

Focus on Specific Examples: Instead of general statements, use specific examples to illustrate your points. Dates, events, and the impact on others will help you understand the patterns of your behavior.

Practice Self-Compassion: This process can be emotionally demanding. Remember to treat yourself with kindness and understanding. Be gentle with yourself, recognizing that everyone makes mistakes, and this step is about growth, not self-flagellation.

Common Pitfalls to Avoid When Using a 4th Step AA Worksheet

Judgment and Self-Criticism: Avoid harshly judging yourself. The goal is self-understanding, not self-condemnation.

Superficiality: Avoid rushing through the process. Take your time, allowing for deep reflection on each item.

Perfectionism: There's no such thing as a perfect 4th step. Aim for thoroughness, not perfection.

Ignoring Difficult Emotions: Facing uncomfortable feelings is essential for growth. Don't avoid or suppress them.

Keeping it Secret: Sharing your inventory with a trusted sponsor or therapist can provide invaluable support and accountability.

The Spiritual Significance of the 4th Step AA Worksheet

The 4th step isn't merely a psychological exercise; it's also a spiritual one. By honestly confronting our flaws, we begin to connect with a higher power (however you define it) and find a path towards humility and growth. This self-awareness is fundamental to spiritual growth and forms the basis for the amends process in step 9.

Conclusion

The 4th step AA worksheet is a powerful tool for self-discovery and spiritual growth, crucial for lasting recovery. By embracing honesty, self-compassion, and seeking support, individuals can navigate this challenging step and emerge with a deeper understanding of themselves, paving the way for lasting sobriety and a more fulfilling life. Remember, the journey of recovery is a process, and seeking help is a sign of strength, not weakness.

FAQs

1. How long does it take to complete a 4th step AA worksheet? There's no set timeframe. Take as long as you need for thorough introspection.
2. Do I need a sponsor to complete the 4th step? While not mandatory, a sponsor's guidance is highly recommended.
3. What if I can't remember all the details of my past actions? Focus on what you can remember and allow yourself to explore the feelings associated with those memories.
4. What if I feel overwhelmed by the process? Seek support from a sponsor, therapist, or trusted friend in recovery.
5. Is it okay to write in a journal format instead of a structured worksheet? Yes, the most important aspect is honest self-reflection.

6. Can I skip steps in the 12-step program? It's generally recommended to work through the steps sequentially for maximum benefit.
7. What if I don't believe in a higher power? The concept of a higher power is interpreted differently by each individual. It can be anything that provides strength and guidance.
8. What is the difference between a moral inventory and a list of mistakes? A moral inventory goes beyond listing mistakes; it explores the underlying character defects and patterns of behaviour that led to those mistakes.
9. What should I do with my completed 4th step AA worksheet? Share it with your sponsor (if you have one), and use it as a reference throughout your recovery journey.

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Power": Examines the spiritual dimensions of the 4th step and different ways individuals connect with a higher power.

9. "Moving from Inventory to Amends: Using Your 4th Step for Positive Change": Provides guidance on how to transition from completing the 4th step to making amends in the 9th step.

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many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

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4th step aa worksheet: A Woman's Way through the Twelve Steps Stephanie Covington, 2024-01-23 This guide to the Twelve Steps from Dr. Stephanie S. Covington, a pioneer in the field of women's issues, addiction, and recovery, preserves the spirit of the Alcoholics Anonymous program with a focus on healing language with women's needs in mind. Published in 1994, *A Woman's Way through the Twelve Steps* has long been a unique resource that helps women find their own paths in recovery—paths shaped by the way women experience not only addiction and recovery, but also relationships, self, sexuality, spirituality, and everyday life. Now, stories from five new voices expand the perspective of this recovery classic. Over the past thirty years, what it means to identify as a woman in recovery has broadened to include transgender, nonbinary, and other gender-diverse people. This new edition includes updated, inclusive language to be more trauma-sensitive and welcoming to all women. This compilation of diverse voices and wisdom from real people illuminates how women understand the Twelve Steps of Alcoholics Anonymous (AA) and offers inspiring stories of how they travel through the Steps and discover what works for them. The book can be used alone or as a companion to AA's Twelve Steps and Twelve Traditions. By identifying and addressing the special issues that recovery presents for women, this book empowers women to take ownership of their own journeys and to grow and flourish in recovery.

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4th step aa worksheet: Trauma and the 12 Steps, Revised and Expanded Jamie Marich, 2020-07-07 An inclusive, research-based guide to working the 12 steps: a trauma-informed approach for clinicians, sponsors, and those in recovery. Step 1: You admit that you're powerless over your addiction. Now what? 12-step programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) have helped countless people on the path to recovery. But many still feel that 12-step programs aren't for them: that the spiritual emphasis is too narrow, the modality too old-school, the setting too

triggering, or the space too exclusive. Some struggle with an addict label that can eclipse the histories, traumas, and experiences that feed into addiction, or dismisses the effects of adverse experiences like trauma in the first place. Advances in addiction medicine, trauma, neuropsychiatry, social theory, and overall strides in inclusivity need to be integrated into modern-day 12-step programs to reflect the latest research and what it means to live with an addiction today. Dr. Jamie Marich, an addiction and trauma clinician in recovery herself, builds necessary bridges between the 12-step's core foundations and up-to-date developments in trauma-informed care. Foregrounding the intersections of addiction, trauma, identity, and systems of oppression, Marich's approach treats the whole person--not just the addiction--to foster healing, transformation, and growth. Written for clinicians, therapists, sponsors, and those in recovery, Marich provides an extensive toolkit of trauma-informed skills that: Explains how trauma impacts addiction, recovery, and relapse Celebrates communities who may feel excluded from the program, like atheists, agnostics, and LGBTQ+ folks Welcomes outside help from the fields of trauma, dissociation, mindfulness, and addiction research Explains the differences between being trauma-informed and trauma-sensitive; and Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality-based approaches to healing.

4th step aa worksheet: Recovery Russell Brand, 2017-10-03 A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery "This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse." —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not "Why are you addicted?" but What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person's arms? Russell has been in all the twelve-step fellowships going, he's started his own men's group, he's a therapy regular and a practiced yogi—and while he's worked on this material as part of his comedy and previous bestsellers, he's never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

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avoid picking up “the rock” again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, he reveals Step 10 as the natural culmination of working the previous Steps.

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4th step aa worksheet: One Breath at a Time Kevin Griffin, 2018-02-06 Merging Buddhist mindfulness practices with the Twelve Step program, this updated edition of the bestselling recovery guide *One Breath at a Time* will inspire and enlighten you to live a better, healthier life. Many in recovery turn to the Twelve Steps to overcome their addictions, but struggle with the spiritual program. But what they might not realize is that Buddhist teachings are intrinsically intertwined with the lessons of the Twelve Steps, and offer time-tested methods for addressing the challenges of sobriety. In what is considered the cornerstone of the most significant recovery movement of the 21st century, Kevin Griffin shares his own extraordinary journey to sobriety and how he integrated the Twelve Steps of recovery with Buddhist mindfulness practices. With a new foreword by William Alexander, the author of *Ordinary Recovery*, *One Breath at a Time* takes you on a journey through the Steps, examining critical ideas like Powerlessness, Higher Power, and Moral Inventory through the lens of the core concepts of Buddhism—the Four Noble Truths, the Eightfold Path, mindfulness, loving-kindness, and more. The result is a book that presents techniques and meditations for finding clarity and awareness in your life, just as it has for thousands of addicts and alcoholics.

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long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A.

Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

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4th step aa worksheet: *Staying Sober Without God* Jeffrey Munn, 2019-01-10 Staying Sober Without God is a guide for non-believers who want to get sober without an act of faith. Traditional 12-step programs push for a belief in God or a higher power. The practical 12 steps outlined in this book provide a path to lasting recovery that requires no belief in the supernatural.

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4th step aa worksheet: Grace in Addiction John Z., 2012-09-01 Church basements are curious places. Playing host to the vibrant world of 12 Step Recovery, they witness the sort of healing and redemption that would make those on the ground floor proud, and maybe even envious. Yet despite the Church and Alcoholics Anonymous both being in the business of bringing hope to the hopeless, the two worlds seldom seem to interact. Packed with vivid illustrations, good humor, and practical wisdom, Grace in Addiction attempts to bridge this divide and carry the unexpected good news of AA out of the basement and into the pews--and beyond! Recommended for anyone who has struggled with addiction, knows someone who has struggled with addiction, or spent any time living and/or breathing.

4th step aa worksheet: The Laundry List Tony A., Hamilton Adler A., Dan F., 1990-01-01 The originator of the ACoA Laundry Lists gives an insider's view of the early days of the ACoA movement. Tony A. discusses what it means to be an adult child of an alcoholic parent and what the self-help group can do for its members. Includes stories, history and helpful information for the ACoA.

4th step aa worksheet: 4th Step Workbook - A collection of Inventories Nar-Anon FGH, Inc, This workbook offers several different approaches to working Step Four, allowing us to find tools that fit our current circumstances. Fourth Step Inventory tear-out companion charts included.

4th step aa worksheet: Practice These Principles Ray A, 2012 Most of us in long-term recovery know the Steps so well that we could easily rattle them off from memory, wrapping up our recitation with the familiar and practice these principles in all our affairs. But what are these principles? Exactly what principles are the Steps calling us to practice? Which principles do we practice when working a particular Step? Faced with any number of situations in our daily affairs, how readily do we discern the principles involved, and how well then do we live them out? In AA practicing these principles is the fulfillment of the 12 Steps. It is the programs prescription for the good life, a life of spiritual growth and emotional sobriety that we share with our fellows, helping to bring healing to the alcoholic and to others who suffer in our midst. Yet, though crucial to recovery, many of us are not really sure what these principles are, and their connection to the Steps remains a gray area, in AA and probably in other fellowships as well. This uncertainty spills over into another and related gray area: the relationship between the spiritual, the moral, and the emotional in recovery, and how these are tied to character growth. Because these links too are unclear, emotional sobriety remains a distant and elusive goal for many of us long after we have stopped drinking. We may be sober (or clean, or otherwise abstinent), but our lives are at best manageable and tolerablesometimes not even that. Practice These Principles brings clarity to the relationship between Steps and principles, offering a comprehensive understanding of what these principles are and how we can practice them in our daily affairs. Its purpose is to help us work the Steps in all their fullness so that we can grow in character, achieve spiritual and emotional healing, and see the Promises fulfilled at last in a life that is happy, joyous, and free. - From the back cover

4th step aa worksheet: *The Spiritual Solution* John Haspel, 2012-04-01 The Spiritual Solution - Simple And Effective Recovery Through The Taking And Teaching Of The 12 Steps is a guide to the 12 Steps as presented in the book Alcoholics Anonymous. The 12 steps are intended to be a simple and straightforward way for alcoholics to actually take the steps in one sitting. The 12 Steps were never intended to be studied, worked, or analyzed in any protracted way. The 12 Steps are meant to be taken as soon as possible, early in recovery. Included in this book are the guidelines used during The Spiritual Solution One Day 12 Step Workshops. There are additional chapters on: The Founding of AA The Development Of The Spiritual Solution To Alcoholism The Maintenance Steps - Steps 10, 11 and 12 Sponsorship The Home Group Special (exclusive) Meetings Other Substances And Singleness Of Purpose Sober Time and Qualifications For Service The Meaning Of Conference Approved Literature The Spiritual Solution book explains what has happened to a program once called a miracle of the twentieth century, and how AA can return to its previous effectiveness. Whether the reader has been in the rooms for many years or still struggling with active alcoholism or addiction, The Spiritual Solution provides a clear, simple and effective guide to comfortable and contented sobriety by actually taking the 12 Steps. If the reader has tried AA and became disappointed or disillusioned, you were more than likely never presented with the actual AA program of recovery found only in the 12 Steps as described in the book Alcoholics Anonymous. The digital edition has a linked 12 Step Quick Guide showing precisely the location of the steps in The Big Book. The 12 Step Quick Guide is included in the paperback edition as well.

4th step aa worksheet: The Next Step Forward in Guided Reading Jan Richardson, 2016 This resource-rich book includes planning and instructional tools, prompts, discussion starters, teaching points, intervention suggestions, and more to support all students. Plus, an online resource bank with downloadables and videos. Jan Richardson's latest thinking on Guided Reading helps teachers take the next step forward to pinpoint instruction that supports every reader. Richardson uses the Assess-Decide-Guide framework to take a deep dive into each guided reading stage, covering PreA to Fluent readers, their needs, and the best ways to support and challenge them. A master reading teacher at all levels, Richardson skillfully addresses all the factors that make or break guided reading lessons: support for striving readers, strategies for reaching ELLs, making home-school connections--all with an unwavering focus on reading for deeper comprehension, to develop thoughtful, independent readers. The book includes dozens of must-have record-keeping, assessment, and reference forms, as well as how-to video links that provide show Jan in action with diverse readers.

4th step aa worksheet: Reading Russian Workbook Natasha Alexandrova, 2009-09-01 This workbook is designed for total beginners, who don't have any knowledge of Russian language. Whether you are a serious learner or just want to be able to read street signs, menus or maps while in Russia, 'Reading Russian' Workbook can help you with that. There are only 6 lessons, so, if you study 2 hours a day, you will be able to read Russian in a week. The book has a lot of fun drawings and writing activities, which definitely makes the learning process fun and easy to follow. The book has a FREE DIRECT DOWNLOAD (the directions are listed on page 6 of the book) or you can buy an additional CD from the author's website. The tracks on the direct download and the CD are identical. The audio is essential as it helps establish the correct pronunciation from the very beginning.

4th step aa worksheet: The Merck Veterinary Manual Merck and Co., Inc. Staff, 2003-11 For more than forty years, animal health professionals have turned to the Merck Veterinary Manual for integrated, concise and reliable veterinary information. Now this manual covering the diagnosis, treatment, and prevention of diseases of companion, food and zoo animals is available on an easy-to-use, fully searchable CD-ROM. The CD includes the full text of The Merck Veterinary Manual 8/e and has been enhanced with picture links featuring original anatomical artwork and numerous clinical and diagnostic illustrations, table links and quick search links that provide quick access to cross referenced text.

Additional Resources

"20th century" vs. "20th century" - English Language & Usage ...

To some extent, it depends on the font you are using and how accessible its special features are. If you can do full typesetting, then you probably want to make the th part look different from the ...

etymology - What comes after (Primary,unary),(secondary,binary ...

Jan 11, 2018 · 4th = quaternary; 5th = quinary; 6th = senary; 7th = septenary; 8th = octonary; 9th = nonary; 10th = denary; 12th = duodenary; 20th = vigenary. These come from the Latin roots. ...

abbreviations - When were st, nd, rd, and th, first used - English ...

In English, Wikipedia says these started out as superscripts: 1st, 2nd, 3rd, 4th, but during the 20th century they migrated to the baseline: 1st, 2nd, 3rd, 4th. So the practice started during ...

which one is correct I will be on leave starting on October 4th till ...

Oct 1, 2019 · In my opinion "starting on" and "till" don't really go together so I wouldn't use option 1. The phrasing "on leave from X till Y" can be misinterpreted to mean that Y will be your first ...

"Three quarters" vs. "three fourths" - English Language & Usage ...

Feb 6, 2013 · To express a fraction of 3 out of 4, how and when would you use three quarters, and when would you use three fourths?

What can I call 2nd and 3rd place finishes in a competition?

Nov 28, 2021 · "Place getter" means achieving first, second or third place, though that is a relatively informal term. Depending on the context, it might be better to use the verb "placed"; ...

What is the correct term to describe 'primary', 'secondary', etc

Nov 28, 2012 · Its use may refer to size, importance, chronology, etc. ... They are different from the cardinal numbers (one, two, three, etc.) referring to the quantity. Ordinal numbers are ...

meaning - How should "midnight on..." be interpreted? - English ...

Dec 9, 2010 · By most definitions, the date changes at midnight. That is, at the precise stroke of 12:00:00. That time, along with 12:00:00 noon, are technically neither AM or PM because AM ...

prepositions - "Scheduled on" vs "scheduled for" - English ...

What is the difference between the following two expressions: My interview is scheduled on the 27th of June at 8:00 AM. My interview is scheduled for the 27th of June at 8:00 AM.

Meaning of "by" when used with dates - inclusive or exclusive

Aug 28, 2014 · If, in a contract for example, the text reads: "X has to finish the work by MM-DD-YYYY", does the "by" include the date or exclude it? In other words, will the work be delivered on ...

Step 4 Worksheets: Assets and Liabilities Inventory

Nov 11, 2015 · ES&F Inventory Formats For Taking The Steps Page 2 Step 4 Worksheet "God, please help me face and be rid of the things in myself which have been blocking me from you ...

FOURTH STEP INVENTORY Introduction to the 4th Step ...

Jul 6, 2005 · and sober requires emotional sobriety. The Fourth Step is our first action step towards physical and emotional sobriety. We are in a process to recreate our lives. We made ...

14- STEP 4 SEX 09-06 - stepsbybigbook.net

Step 4- Inventory Relationships (including Sex) (64-65) Fill in Second and Third Columns Make multiple copies or expand these templates into your own notebook.

Step 4 - Take The 12

(4th column) being careful to stay focused on ONLY where you are wrong (putting out of my mind "their part"). While some may think that the first three columns are the most important – ...

Review of Our OWN SEX CONDUCT - Marijuana Anonymous

Step Four Sex Conduct Worksheet Author: Marijuana Anonymous Subject: MA 12 Step Workbook Created Date: 9/21/2012 8:31:52 AM ...

4th Step - Blank Excel - The 3 Worksheets 2017 - 2b1 Institute

4th Step - Blank Excel - The 3 Worksheets 2017 Created Date: 20170215205916Z ...

4th Step Harms

Apr 12, 2015 · Title: 4th Step Harms Author: Dallas Bowman, Step12.com Subject: 12 Steps 4th Step Workshop with Dallas B. Created Date: 7/7/2005 7:25:47 AM

4th Step Sex Conduct - aaonlineen.fr

FOURTH STEP INVENTORY: SEX CONDUCT - Read from bottom of page 68 through 70 of the Big Book before beginning. 1. Column 1: "We reviewed our own conduct over the years past." ...

STEPS-IN-THE-ZONE 4TH STEP/10TH STEP INVENTORY ...

STEPS-IN-THE-ZONE 4TH STEP/10TH STEP INVENTORY WORKSHEET NAME DATE Social. See Pages 64-71 in the book "Alcoholics Anonymous" for instructions. When using this form, ...

Checklist of Flaws and Assets

Step Four Resentments Checklist Column 4* "Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self ...

4th Step Worksheets - WordPress.com

Sep 4, 2017 · Fourth Step Inventory – Resentments: My Grudge List "On our grudge list we set opposite each name our injuries. " 1 Resent(BB 65:2)

People, institutions, or principles with ...

4th Step Instructions and Notes - Emotional Sobriety And Food

Nov 4, 2013 · to try A.A.'s 12 Step Plan for Living. The Fourth Step is our first action step. It is here that we know whether or not we really took Steps 1, 2 and 3. Step Four is a fact-finding ...

: FEARS INVENTORY

80 re:generation Harms By Me Inventory Who/what I harmed: List the person, group, institution, etc. Examples only. Fill out the following inventory worksheets with your own experiences. ...

THE FOURTH STEP: "Made a searching and fearless moral ...

The third step is a decision step only. The fourth step is the action that surrenders our willingness and our lives to the love of God. It is the surrender step. Many of us first get to know God ...

Step Four Resentment Worksheet - Columns 1, 2,

Step Four Resentment Worksheet - Columns 1, 2, & Expanded Column 3 (page 1 of 2) The key to this analysis is being clear on SELF-ESTEEM. All else flows from this concept. If you find this ...

AA 4th Step Worksheets - Sober Speak

AA 4th Step Worksheets The fourth step is a very special step in the 12-step program. We have admitted our problem and handed our lives over to the God of our understanding and now we ...

WEEK #12: Chapter 5 – HOW IT WORKS (Step 4 – Sex ...

Let's look at the worksheet: "REVIEW OF OUR OWN SEX CONDUCT & HARMS DONE" {See Workshop Workbook P.82}. (We will use this sheet for both the analysis of our own sex ...

FOURTH STEP INVENTORY - 164FL.com

hr 1/1/2006 FOURTH STEP INVENTORY These Fourth Step worksheets use the wording from Alcoholics Anonymous (the Big Book) pages 63-71. Text in italics is quoted from the Big ...

Upper Room Communications Joe & Charlie Big Book Study ...

Upper Room Communications Joe & Charlie Big Book Study PAGE #3 . Upper Room Communications Joe & Charlie Big Book Study PAGE #4

Taking A.A.'s Twelve Steps with Back To Basics - Big Book ...

Step 7 7. Humbly asked Him to remove our shortcomings. Page 76, Paragraph 2. Taking Step 7 Read 7th Step Prayer. Step 8 8. Made a list of all persons we had harmed, and became willing ...

MORAL INVENTORY Assets - Big Book Sponsorship

Step IV: Made a searching and fearless moral inventory of ourselves. Exactly how thone should approach the 4 Step inventory has been a problem for many years. Different guides have been ...

Clancy I.'s 4th Step Inventory - Just Love Audio

person in AA today. In 1991 he was recorded doing a 12 Step Study weekend in Canada & he shared a 4th Step inventory that he sometimes uses. I am not promoting this 4th Step (I've ...

4th Step - Blank Excel - The 3 Worksheets 2017 - 2b1 Institute

4th Step - Blank Excel - The 3 Worksheets 2017 Created Date: 20170215211020Z

...

Big Book Goals - Take The 12

STEP FOUR - Inventory Comparison Upper Room Communications | Joe & Charlie
Big Book Study | Page 6 BUSINESS PERSONAL FACT-FINDING < .> INTEREST IN
OTHERS FACT ...

Option 1 - Overeaters Anonymous Inventory Questions for ...

Nov 4, 2019 · Option 1 - Overeaters Anonymous Inventory Questions for Step 4
SPECIFIC CHARACTER TRAITS OA 12/12-1 pages 34-37 One good way to inventory
ourselves is to ask ...

Step 4 Worksheets: Assets and Liabilities Inventory

Jul 24, 2016 · th7 Step prayer The purpose of the 4th step is to see the
damage caused by self-will and transform these defects of character into God-
centered assets. There is no right or ...

4th Step Aa Worksheet [PDF] - x-plane.com

4th Step Aa Worksheet: 12-Step Workbook for Recovering Alcoholics, Including
Powerful 4th-Step Worksheets, 2018 Revised Edition Iam Pastal,2019-02 A great
book for completing the 12 ...

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Powerful 4th-Step Worksheets, 2018 Revised Edition Iam Pastal,2019-02 A great
book for completing the 12 ...

4th Step Aa Worksheet (2024) - x-plane.com

4th Step Aa Worksheet: 12-Step Workbook for Recovering Alcoholics, Including
Powerful 4th-Step Worksheets, 2018 Revised Edition Iam Pastal,2019-02 A great
book for completing the 12 ...

4th Step Aa Worksheet (book) - x-plane.com

4th Step Aa Worksheet Jin-Ying Zhang. 4th Step Aa Worksheet: 12-Step Workbook

for Recovering Alcoholics, Including Powerful 4th-Step Worksheets, 2018 Revised Edition Iam ...

4th Step Aa Worksheet [PDF] - x-plane.com

worksheets for doing AA s 4th step and a very simple and powerful approach to Step 7 This revised addition also includes a new appendix describing how the author sponsors newcomers ...

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4th Step Aa Worksheet The 4th Step AA Worksheet: A Comprehensive Guide to Moral Inventory Author: Dr. Amelia Hernandez, PhD, Licensed Clinical Psychologist with 15 years of ...

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4th Step Aa Worksheet (2024) - x-plane.com

worksheets for doing AA s 4th step and a very simple and powerful approach to Step 7 This revised addition also includes a new appendix describing how the author sponsors newcomers ...

Basic Recovery Assets and Liabilities Checklist

Oct 2, 2020 · Step Five—Legal Privilege Step 5: Admitted to . . . another (person) the exact nature of our (liabilities). This Step helps ease the pain and suffering associated with hiding the worst ...

4th Step Aa Worksheet (book) - x-plane.com

The 4th Step AA Worksheet: A Comprehensive Guide to Moral Inventory Author: Dr. Amelia Hernandez, PhD, Licensed Clinical Psychologist with 15 years of experience specializing in ...

12 STEP WORKBOOK - Club 12 Alcoholics Anonymous

Aug 12, 2015 · 12 STEP WORKBOOK We are the Big Book Bunch group of Alcoholics Anonymous. Our origins are the Students of the Big Book group, which has met

in Woodland ...

Triangle-Area-SAA-Recovery-Manual-Steps-1-9-Version-1.2.1...

The primary principle we invoke in Step 4 is Courage. Traditionally, Step 4 is worked using a modified AA workbook in Excel format. You can find any number of them by Googling the ...

4th Step Aa Worksheet (PDF) - x-plane.com

worksheets for doing AA s 4th step and a very simple and powerful approach to Step 7 This revised addition also includes a new appendix describing how the author sponsors newcomers ...

RECOVERY ROAD ONLINE

The format for this worksheet is similar to the previous ones. All five columns need to be filled out for this worksheet. We recommend that you either make copies of this page, draw five ...

FOURTH STEP INVENTORY: FEARS - Underearners ...

FOURTH STEP INVENTORY: !FEARS Read from bottom of page 67 through 68 of the Big Book before beginning. 1. Column 1: Page 68: "We reviewed our fears thoroughly. We put them on ...

4th Step Aa Worksheet (2024) - x-plane.com

The 4th Step AA Worksheet: A Comprehensive Guide to Moral Inventory Author: Dr. Amelia Hernandez, PhD, Licensed Clinical Psychologist with 15 years of experience specializing in ...

The Marital Intimacy Institute – Creating Sextraordinary ...

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 ...

AA Step 4 Worksheets PDF - carepatron.com

AA Step 4 Worksheets PDF Author: joshua-napilay Subject: Get support with your recovery journey using the AA Step 4 Worksheet. Explore self-awareness and healing. Start your path ...

4th Step Aa Worksheet

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