

# 4th step worksheet aa

## 4th Step Worksheet AA: A Comprehensive Guide to Honest Self-Reflection

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**Abstract:** This article provides a comprehensive guide to the 4th Step Worksheet in Alcoholics Anonymous (AA), exploring its significance in the recovery process, offering practical advice on completing it effectively, and addressing common challenges. We will delve into the spiritual aspects, the importance of honesty, and strategies for navigating the emotional complexities involved. The article aims to empower individuals seeking recovery through a deeper understanding and application of this crucial step.

### Introduction:

The Fourth Step in the Alcoholics Anonymous twelve-step program is widely considered one of the most challenging and transformative steps. It involves a thorough and honest moral inventory – a deep self-examination of one's life, identifying past wrongs and their impact on oneself and others. The 4th step worksheet AA serves as a vital tool to facilitate this process, providing a structured framework for this often-painful but ultimately liberating experience. This article will explore the intricacies of the 4th Step, its importance within the AA program, and offer practical guidance on effectively utilizing a 4th step worksheet AA to achieve a deeper understanding of oneself and pave the way for lasting recovery.

## Understanding the Significance of the 4th Step in AA

The Fourth Step, “Made a searching and fearless moral inventory of ourselves,” is not merely a list of mistakes. It’s a journey of self-discovery aimed at uncovering the root causes of addiction. This step goes beyond simply acknowledging wrongdoings; it delves into the underlying motivations, beliefs, and character defects that contributed to the addictive behavior. A 4th step worksheet AA helps organize this introspection, ensuring no aspect of one's life is overlooked. The goal isn't self-condemnation but self-awareness, paving the path for genuine change. By confronting these hidden aspects of oneself, individuals can begin to understand the patterns that led to their addiction and subsequently break free from them.

# The Importance of a 4th Step Worksheet AA

A well-structured 4th step worksheet AA provides a crucial framework for this complex process. It offers a systematic approach to guide individuals through the self-examination, prompting them to consider various aspects of their lives such as:

Relationships: How have your actions affected family, friends, colleagues, and romantic partners?

Finances: Have you engaged in dishonest financial practices? Have you neglected financial responsibilities?

Work/Career: Have you been dishonest or irresponsible in your professional life?

Health: Have you neglected your physical and mental well-being?

Spiritual Life: Have you neglected your spiritual side, leading to a sense of emptiness?

Personal Values: Have you acted against your own values?

Resentments: What resentments have you been holding onto? How have these resentments impacted your life?

Fears: What are your biggest fears, and how have they influenced your behavior?

A 4th step worksheet AA should not be treated as a simple checklist. It's a tool for deep introspection, encouraging honest self-reflection and acceptance of imperfections. The process may be emotionally challenging, revealing painful truths, but this vulnerability is essential for genuine healing and lasting recovery.

## Practical Guidance for Completing a 4th Step Worksheet AA

Completing a 4th step worksheet AA effectively requires patience, honesty, and a willingness to confront uncomfortable truths. Here are some practical steps to guide you:

1. Find a quiet and safe space: Choose a place where you feel comfortable and can focus without distractions.
2. Pray or meditate: Begin by centering yourself spiritually. This can involve prayer, meditation, or simply taking a few moments for quiet reflection.
3. Start with a general overview: Before delving into specifics, take some time to reflect on your life as a whole. Consider major life events, relationships, and patterns of behavior.
4. Be specific: Avoid vague generalizations. Use concrete examples to illustrate your points. Detail the situations, your actions, and their consequences.
5. Don't be afraid to be honest: This is the most crucial aspect. Honesty, even about painful experiences, is the foundation of this step. Suppressing truths will hinder your progress.
6. Focus on your actions, not judgments: The goal isn't to condemn yourself but to understand your behavior. Focus on describing your actions and their impact, rather than labeling yourself negatively.
7. Take breaks: This process can be emotionally draining. Take breaks as needed to avoid burnout.

8. Seek support: Consider working with a sponsor or therapist who can provide guidance and support. Sharing your inventory with a trusted person can offer valuable perspective.
9. Review and revise: Once you've completed your initial draft, take time to review and revise it. Ensure it is comprehensive and honest.

## Overcoming Challenges in the 4th Step

The 4th Step can be emotionally challenging. Individuals may encounter resistance, denial, or overwhelming feelings of guilt and shame. These challenges are normal and should not be seen as obstacles to avoid, but rather as opportunities for growth and healing.

## The Spiritual Aspect of the 4th Step

While AA is not affiliated with any particular religion, the Fourth Step emphasizes a spiritual awakening. This doesn't necessarily involve religious beliefs, but rather a connection to something greater than oneself. This spiritual component fosters humility, acceptance, and a sense of hope, vital elements in the recovery process.

## The Role of a Sponsor

A sponsor is an invaluable resource during the Fourth Step. They can provide guidance, support, and accountability, ensuring the process is completed honestly and thoroughly. A sponsor's experience can offer insights and perspective, making the journey less daunting.

Conclusion:

The Fourth Step, facilitated by the use of a 4th step worksheet AA, is a pivotal moment in the AA recovery journey. It demands honesty, courage, and a willingness to confront one's past. By meticulously exploring past actions and their consequences, individuals gain a profound understanding of themselves, paving the way for lasting personal growth and freedom from addiction. Remember, the goal isn't self-flagellation, but self-awareness and self-acceptance as a foundation for a healthier future. The 4th Step worksheet AA is a powerful tool in this transformative process.

FAQs:

1. Is a 4th step worksheet AA mandatory in AA? While not officially mandated, a structured worksheet is highly recommended by many sponsors and members to ensure thoroughness.
2. How long does it take to complete a 4th step worksheet AA? The time required varies greatly depending on the individual's circumstances and the depth of self-reflection.
3. Can I use a pre-made 4th step worksheet AA template? Yes, many templates are available online and in recovery workbooks.

4. What if I find it too difficult to complete the 4th step worksheet AA alone? Seeking support from a sponsor, therapist, or trusted friend is crucial.
5. What if I don't remember all the details of my past? Do your best to recall what you can, focusing on significant events and patterns.
6. Is it necessary to share my 4th step worksheet AA with anyone? Sharing it with a sponsor is highly beneficial, but ultimately the decision is personal.
7. What happens after I complete my 4th step worksheet AA? The Fifth Step, confession, involves sharing your inventory with a trusted individual.
8. Can I use a 4th step worksheet AA if I'm not an alcoholic? Yes, the principles of self-reflection and identifying harmful behaviors can be beneficial for anyone seeking personal growth.
9. Where can I find a 4th step worksheet AA template? Many resources are available online and in recovery workbooks. Check with your local AA chapter or a reputable recovery website.

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9. Integrating the 4th Step into Daily Life: This article focuses on integrating the insights gained from the Fourth Step into ongoing recovery.

Publisher: Serenity Press, a reputable publisher specializing in recovery and self-help literature with a long history of providing high-quality resources for individuals and professionals in the addiction treatment field.

Editor: Michael Jones, M.A., Certified Addiction Counselor with extensive experience editing publications related to addiction treatment and recovery.

**4th step worksheet aa: *Alcoholics Anonymous*** Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

**4th step worksheet aa: 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 steps of Alcoholics Anonymous. It includes four simple yet powerful 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.

**4th step worksheet aa: *Big Book Awakening*** Dan Sherman, 1992-01-01 Written to be used in conjunction with, not instead of the Big Book of Alcoholics anonymous. This book will help guide you through a personal experience with all Twelve Steps as they are outlined in the AA Big Book. You write notes and questions from the Big Book Awakening into your own Big Book for personal consideration. After you have completed this process yourself your Big Book is now a powerful working with others book with questions and considerations that will help you work with others both one-on-one and in workshops. They then selves write the same notes into their own Big Book to one day do the same.

**4th step worksheet aa: *12-Step Workbook for Recovering Alcoholics, Including Powerful 4Th-Step Worksheets*** Iam Pastal, 2015-08-07 This workbook for recovering alcoholics is a great resource for anyone who wants to quit drinking alcohol for good! It follows a 12-step program that contains actionable advice, helpful activities, and useful prayers for recovery. This quit lit book is also based on the author's experience recovering and working with Alcoholic Anonymous, an organization devoted to abstinence-based recovery from alcoholism.

**4th step worksheet aa: *Fourth Step Guide Journey Into Growth*** Daryl Kosloskie, 2011-04-29 In this helpful guide, the authors lead us through exercises that enable us to examine our behaviors, thoughts, feelings and actions in preparation for the Fifth Step. In this helpful guide, the authors lead us through exercises that enable us to examine our behaviors, thoughts, feelings and actions in preparation for the Fifth Step.

**4th step worksheet aa: *The Narcotics Anonymous Step Working Guides*** , 1998-01-01 Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for 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.

**4th step worksheet aa: *OA Big Book Study Guide*** Lawrie Cherniack, 2014-01-08 This book is sold at cost of sale on Amazon for the benefit of OA members who want a print copy of the popular Big Book study by Lawrie C. Unauthorized reproduction of this book for sale is a violation of copyright law and sale at a price greater than cost is a violation of the author's terms of copyright. Find a free PDF copy of this book, additional information, podcasts and webcasts at oabigbook.info

**4th step worksheet aa: The Twelve Steps and the Sacraments** Scott Weeman, 2017-11-10

Winner of a 2018 Catholic Press Association Award: Sacraments. (Second Place). In the first book to directly integrate the Twelve Steps with the practice of Catholicism, Scott Weeman, founder and director of Catholic in Recovery, pairs his personal story with compassionate straight talk to show Catholics how to bridge the commonly felt gap between the Higher Power of twelve-step programs and the merciful God that he rediscovered in the heart of the sacraments. Weeman entered sobriety from alcohol and drugs on October 10, 2011, and he's made it his full-time ministry to help others who struggle with various types of addiction to find spiritual wholeness through Catholic in Recovery, an organization he founded and directs. In *The Twelve Steps and the Sacraments*, Weeman candidly tackles the struggle he and other addicts have with getting to know intimately the unnamed Higher Power of recovery. He shares stories of his compulsion to find a personal relationship with God and how his tentative steps back to the Catholic Church opened new doors of healing and brought him surprising joy as he came to know Christ in the sacraments. Catholics in recovery and those moving toward it, as well as the people who love them will recognize Weeman's story and his spiritual struggle to personally encounter God. He tells us how: Baptism helps you admit powerlessness over an unmanageable problem, face your desperate need for God, and choose to believe in and submit to God's mercy. Reconciliation affirms and strengthens the hard work of examining your life, admitting wrongs, and making amends. The Eucharist provides ongoing sustenance and draws you to the healing power of Christ. The graces of Confirmation strengthen each person to keep moving forward and to share the good news of recovery and new life in Christ. Weeman's words are boldly challenging and brimming with compassion and through them you will discover inspiration, hope, sage advice, and refreshingly practical help.

**4th step worksheet aa: 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.

**4th step worksheet aa: *The Steps We Took*** Joe McQ, 2005-12-27 Issued in hardcover for the first time to commemorate its ten-year anniversary, the classic recovery handbook takes readers through the 12-step program at Alcoholics Anonymous.

**4th step worksheet aa: *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.

**4th step worksheet aa: 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 worksheet aa: Blueprint for Progress: Al-Anon's Fourth-Step Inventory** Al-Anon Family Group Headquarters, 1987-06-01

**4th step worksheet aa: Twelve Step Sponsorship** Hamilton B., 2009-09-29 Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Sponsorship is a rich and enduring part of tradition of Alcoholics Anonymous. Twelve Step Sponsorship delivers both the theory and practice—how to do it and why—in a clear, step-by-step presentation. Written by the author of *Getting Started in AA*, a widely acclaimed guide for the newcomer to the program of AA, Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Twelve Step Sponsorship includes informative sections that deal with: finding a sponsor and being a sponsor. Twelve Step Sponsorship offers a welcome reinforcement to the tradition of passing it on from one generation of sponsors to the next.

**4th step worksheet aa: Drop the Rock--The Ripple Effect** Fred H., 2016-05-24 Drop the Rock—The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. When *Drop the Rock: Removing Character Defects* was first published in 1999, it quickly became the standard resource for working Steps 6 and 7, two of the most challenging of the Twelve Steps for many people in recovery. Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9, realize the Big Book's "Promises," and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day and 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.

**4th step worksheet aa:** *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.

**4th step worksheet aa:** *A New Pair of Glasses* Chuck C., 1984

**4th step worksheet aa:** *Twelve Secular Steps* Bill W, 2018-08-28 *Twelve Secular Steps: An Addiction Recovery Guide* is a Step working guidebook for agnostics, atheists, and others who believe addicts should be active in and accountable for their recovery. Unlike traditional Twelve Step literature, this secular adaptation of 12 Step approach neither promotes nor rejects religion and spirituality; it de-emphasizes the active role of God or a Higher Power in favor of a secular, cognitive-behavioral framework. The adapted methodologies are grounded in a biology-based foundation and philosophy.

**4th step worksheet aa:** *Twelve Steps and Twelve Traditions Trade Edition* Bill W., 1953 Twelve Steps to recovery.

**4th step worksheet aa:** *Twelve Steps of Adult Children* , 2007-03 This is the conference-approved companion workbook to the ACA Fellowship Text that is Adult Children of Alcoholics World Service Organization (ACA WSO) Conference Approved Literature. Adult Children of Alcoholics/Dysfunctional Families (ACA) is an independent 12 Step and 12 Tradition anonymous program.

**4th step worksheet aa:** *Model Rules of Professional Conduct* American Bar Association. House of Delegates, Center for Professional Responsibility (American Bar Association), 2007 The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

**4th step worksheet aa:** *Daily Reflections* A a, Aa World Services Inc, 2017-07-27 This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a 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.

**4th step worksheet aa:** *Drop the Rock* Bill P., Todd W., Sara S., 2009-06-03 A practical guide to letting go of the character defects that get in the way of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the rocks that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, *Drop the Rock* combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

**4th step worksheet aa: 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.

**4th step worksheet aa: Ebby** Mel B., 2013-11-05 This is both a fascinating history of the formative years of Alcoholics Anonymous, as well as the bitter-sweet tale of the troubled man Bill W. always referred to as my sponsor. In 1934, Ebby Thatcher called an old drinking buddy to tell him about the happiness he was finding in sobriety. His friend's name was Bill Wilson, and this book is the story of their life-long friendship. Deeply informative and moving, a valuable contribution to the history of A.A. A 'must' reading for anyone interested in one of the more fascinating chapters in A.A.'s history.--Nell Wing, Retired A.A. Archivist and Bill Wilson's Secretary

**4th step worksheet aa: Eating Disorders Anonymous** Eating Disorders Anonymous (EDA), 2016-11-21 *Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders* presents the accumulated experience, strength, and hope of many who have followed a Twelve-Step approach to recover from their eating disorders. Eating Disorders Anonymous (EDA), founded by sober members of Alcoholics Anonymous (AA), have produced a work that emulates the "Big Book" in style and substance. EDA respects the pioneering work of AA while expanding its Twelve-Step message of hope to include those who are religious or seek a spiritual solution, and for those who are not and may be more comfortable substituting "higher purpose" for the traditional "Higher Power." Further, the EDA approach embraces the development and maintenance of balance and perspective, rather than abstinence, as the goal of recovery. Initial chapters provide clear directions on how to establish a foothold in recovery by offering one of the founder's story of hope, and collective voices tell why EDA is suitable for readers with any type of problem eating, including: anorexia nervosa, bulimia, binge eating, emotional eating, and orthorexia. The text then explains how to use the Twelve Steps to develop a durable and resilient way of thinking and acting that is free of eating disordered thoughts and behaviors, including how to pay it forward so that others might have hope of recovery. In the second half of the text, individual contributors share their experiences, describing what it was like to have an eating disorder, what happened that enabled them to make a start in recovery, and what it is like to be in recovery. Like the "Big Book," these stories are in three sections: *Pioneers of EDA*, *They Stopped in Time*, and *They Lost Nearly All*. Readers using the Twelve Steps to recover from other issues will find the process consistent and reinforcing of their experiences, yet the EDA approach offers novel ideas and specific guidance for those struggling with food, weight and body image issues. Letters of support from three, highly-regarded medical professionals and two, well-known recovery advocates offer reassurance that EDA's approach is consistent with that supported by medical research and standards in the field of eating disorders treatment. Intended as standard reading for members who participate in EDA groups throughout the world, this book is accessible and appropriate for anyone who wants to recover from an eating disorder or from issues related to food, weight, and body image.

**4th step worksheet aa: Al-Anons Twelve Steps & Twelve Traditions** Al-Anon Family Group Headquarters, Inc, 2005-12-01

**4th step worksheet aa: A Guide to the Big Book's Design for Living With Your Higher Power** James Hubal, 1991-04-30 *Living with Your Higher Power*

**4th step worksheet aa: The Little Red Book** Edward A. Webster, 1957

**4th step worksheet aa: 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 worksheet aa: 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 worksheet aa: 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 worksheet aa: 10 Step Inventory Journal** T. H. E. Fourth DIMENSION BOOKS, 2021-02-04 We alcoholics are undisciplined page 88 of the Big Book of Alcoholics Anonymous. This 10th Step Journal is an accountability tool. This is wonderful for newcomers in their first 90 days or someone with longer sobriety/clean time that needs a little help staying on track and keeping track of the nightly 10th step inventory. The 10th step inventory questions are listed each day, along with a blank page alongside it, for additional note taking. We hope that using this notebook journal will aide you in the working of the AA steps and may it help you to stay clean and sober.

**4th step worksheet aa: My 10th Step Inventory** T. H. E. Fourth DIMENSION BOOKS, Fourth Books, 2021-01-25 We alcoholics are undisciplined page 88 of the Big Book of Alcoholics Anonymous. This 10th Step Journal is an accountability tool and wonderful for newcomers in their first 90 days or someone with longer sobriety/clean time that needs a little help staying on track.

**4th step worksheet aa: 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 worksheet aa: Alcoholics Anonymous Big Book Workbook** George B, 2012-03 The basic workbook of the Alcoholics Anonymous, which traces its roots, explores its precepts, and presents stories from participants that demonstrate the program's effectiveness.

**4th step worksheet aa: 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 worksheet aa: 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.

**4th step worksheet aa: The Twelve Steps of Debtors Anonymous** , 2015-08-01 The Twelve Steps of the Debtors Anonymous Program

**4th step worksheet aa: Step Four** Anonymous, 2022-06-28 This pamphlet provides guidelines for completing AA's Step Four: "Made a searching and fearless moral inventory of ourselves." The exercises included can help people recovering from addiction draw up an honest and effective personal inventory. Simply put, Step Four is an assessment of all of your assets and liabilities. It's a hard look at who you've been, who you are, and who you'd like to be in the future. It's a personal housecleaning. The idea of a "moral inventory" means to honestly take stock of your personality traits, choices, and behaviors. Step Four asks you to be "searching and fearless." This Step gives you the chance to face the lies you may have told to yourself and others, and to look thoroughly and honestly at all of who you are and how you behave. This pamphlet answers common questions about Step Four and outlines a step-by-step process for completing your inventory.

## Additional Resources

### **"20th century" vs. "20<sup>th</sup> 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: 1 st, 2 nd, 3 rd, 4 th, but during the 20 th 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 delivered on ...

### **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 - ...

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

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 ...

### **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 ...

### **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 ...

### **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 ...

### **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, ...

[UA 4th step Sex Conduct Inventory - Underearners Anonymous](#)

Nov 4, 2018 · 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." ...

[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.

### **STEPS 4-5 - Augustine Recovery**

Read what the AA 'Big Book' has to say about the 4th Step (pages 64-71) and the AA Twelve and Twelve' '(pages 43-45), and also the SLAA handbook (pages 79 -81). The AA 'Big Book' refers ...

### **FOURTH STEP INVENTO RY - Minnesota Recovery**

Jan 1, 1998 · FOURTH STEP INVENTO RY These 4th step worksheets use the wording from Alcoholics Anonymous (the Big Book) pages 63-71. Text in italics is quoted from the Big Book. ...

### **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 a ...

### **STEP STUDY OUTLINE AND ASSIGNMENT SHEETS**

Big Book and "12 X 12" as they relate to the Step under consideration. c. The function of the member is to apply the principles of each step in their lives and share their experience in a ...

[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 ...

[FOURTH STEP INVENTORY - 164FL.com](#)

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

### **Step Four: Resentments Column 3 Worksheet - Big Book ...**

Step Four: Resentments Column 4 Worksheet Column 1: Column 2: Set Aside prayer: Column 4: MY PERCEIVED ROLE - like an actor in a play e.g. betrayed spouse, abused child, ...

### **Printable aa 4th step worksheet joe and charlie**

Free printable aa 4th step worksheet joe and charlie. Aa step 4 worksheet. Pdf printable aa 4th step worksheet joe and charlie. Aa 4th step worksheet joe and charlie. Here are the handouts ...

[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 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 ...

[How to Write a Fourth Step - Emotional Sobriety And Food](#)

directly upon the successful completion of a fourth step inventory. Step 5:We read our inventory to a trusted person in step 5. Step 8:Step four provides the core of our eighth step amends list. ...

*AA-12-traditions-4-hours - Big Book Sponsorship*

AA, Twelve Steps and Twelve Traditions, P. 130 "...he finds he cannot keep this priceless gift unless he carries the A.A. message...the moment this Twelfth Step work forms a group, ...

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 ...

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 ...

#### **FOURTH STEP INVENTORY: FEARS - Underearners Anonymous**

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 ...

: 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. ...

A Searching, Fearless, Moral, Inventory 4th Step Guide

life. The guide works for all 12 step programs as the guide is not specific to any particular program. The guide has a very good set of general directions for doing a 4th step. Happy 4th ...

#### **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 ...

#### **Joe Charlie Big Book Study 4th Step Guide**

Worksheets,Worksheet step 4 worksheet joe and charlie. Locate passages in the Big Book (Alcoholics Anonymous) and the 12&12 (Twelve Steps and Twelve Traditions) easily and with ...

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 ...

#### **AA's 12 STEPS, INCLUDING POWERFUL AA's 12 STEPS, INCL**

By no means can his book be used to replace AA's Big Book, the '12 and 12' or any other aspect of AA. For me, and for many other AA members (who have used the worksheets), the 4th Step ...

#### **REVIEW: Step 4 STEPS by the**

This pamphlet spells out taking Step 4 as described in chapter 5, How It Works from the Big Book, Alcoholics Anonymous. The 4th Step inventory is a way of seeing how our character defects, ...

#### **STEP FOUR IN NARCOTICS ANONYMOUS - nauca.us**

literanue and step meetings to gain more infonnation about tj1e Fourth Step. 'there are many n1~thods of writing inventories, and no one way is right for everyone. This guide represents the ...

#### **4th Step Worksheet Aa - bc-integration.mastertoolrepair.com**

Getting the books 4th Step Worksheet Aa now is not type of inspiring means. You could not single-handedly going later book growth or library or borrowing from your associates to retrieve ...

[4th Step Worksheet Aa \(2024\) - x-plane.com](#)

4th Step Worksheet Aa 4th Step Worksheet AA: A Comprehensive Guide to Honest Self-Reflection  
Author: Dr. Evelyn Reed, Ph.D., Licensed Clinical Psychologist specializing in ...

#### **4th Step Worksheet Aa (Download Only) - x-plane.com**

Downloading 4th Step Worksheet Aa provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around ...

[Twelve Steps - Step One - \(pp. 21-24\) - Alcoholics Anonymous](#)

Step One "We admitted we were powerless over alcohol— that our lives had become unmanageable." W HO cares to admit complete defeat? Practically no one, of course. Every ...

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

Right here, we have countless book 4th Step Worksheet Aa and collections to check out. We additionally offer variant types and also type of the books to browse. The satisfactory book, ...

[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 ...

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

By accessing 4th Step Worksheet Aa versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact ...

[Twelve Steps - Step Ten - \(pp. 88-95\) - Alcoholics Anonymous](#)

Step Ten "Continued to take personal inventory and when we were wrong promptly admitted it." A S we work the fi rst nine Steps, we prepare ourselves for the adventure of a new life. But when ...

#### **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 ...

[4th Step Workshop - Sex - sos12.org](#)

4th Step Sex Inventory Worksheet taken from the Big Book of Alcoholics Anonymous . Whom had we hurt? We reviewed our Pageconduct over the past years- Page 69 . Where had we been ...

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

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Author: Dr. Evelyn Reed, Ph.D., Licensed Clinical Psychologist specializing in ...

*4TH STEP LIST OF DEFECTS - 12 Step Work*

Apr 4, 2019 · 4TH STEP LIST OF DEFECTS Check off the character defect(s) that played a part in each item on your 4th step inventory. Total the # of check marks. Created Date:

### **4th Step Worksheet AA: A Comprehensive Guide to Honest ...**

4th Step Worksheet Aa 4th Step Worksheet AA: A Comprehensive Guide to Honest Self-Reflection

Author: Dr. Evelyn Reed, Ph.D., Licensed Clinical Psychologist specializing in ...

### **S P A P S - SOS12**

4th Step Resentment Inventory Worksheet taken from the Big Book of Alcoholics Anonymous: Author:

Lee Rose Created Date: 9/10/2016 1:56:15 PM ...

## **[4th Step Worksheet Aa](#)**

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