

# Step Four Worksheet

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

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## **1. Motivation**

**Do I have any reservations about working this step? What are they?**

**How to think about it:**

- Reflect on any fears, hesitations, or doubts you may have about starting the Fourth Step. These could include fears about facing painful memories, fear of judgment, or fear of change.
  - Understand that it's normal to have reservations, but acknowledge that working through them is part of the recovery process.  
*Ask yourself: What fears or doubts do I have about taking a deep, honest inventory of myself, and how can I address them?*
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**What are some of the benefits that could come from making a searching and fearless moral inventory of myself?**

**How to think about it:**

- Consider the positive changes that may come from being honest with yourself, such as gaining self-awareness, healing past wounds, and identifying patterns that have held you back.
  - Think about how a thorough inventory can provide freedom from guilt, shame, and unresolved issues.  
*Ask: What benefits can I gain from taking a fearless look at myself?*
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**Why shouldn't I procrastinate about working this step? What are the benefits of not procrastinating?**

**How to think about it:**

- Reflect on how delaying this step can keep you stuck in old patterns of behavior and prolong your suffering. Procrastination often stems from fear or avoidance of discomfort, but facing this discomfort can lead to personal growth.
- Recognize that taking action now can bring relief and move you forward in your recovery journey.

*Ask: How does procrastination keep me stuck, and what benefits will I gain by starting this step now?*

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## **2. Searching and Fearless**

**Am I afraid of working this step? What is my fear?**

**How to think about it:**

- Reflect on any specific fears you have about working this step. Are you afraid of facing painful memories, judgment, or discovering things about yourself you don't like? Acknowledge these fears openly.
- Understand that being "fearless" doesn't mean you have no fear, but that you're willing to move forward despite the fear.

*Ask: What are my fears about working this step, and how can I push through them?*

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**What does it mean to me to be searching and fearless?**

**How to think about it:**

- Reflect on what it means to be "searching"—being thorough, honest, and willing to look at all areas of your life, including the ones you may have ignored or avoided.
- Being "fearless" means moving forward even though you feel fear. It's about trusting the process and your Higher Power to guide you through this.

*Ask: How can I approach this step with honesty and courage, even when it's uncomfortable?*

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**Am I working with my sponsor and talking to other addicts? What other action am I taking to reassure myself that I can handle whatever is revealed in this inventory?**

**How to think about it:**

- Consider whether you are staying connected to your support system, including your sponsor and fellow members. Are you reaching out when you feel overwhelmed or unsure? Reflect on how sharing your fears and progress with others can reassure you and keep you grounded.
- Recognize that you don't have to face this process alone.

*Ask: Am I seeking guidance from my sponsor and others, and how can I strengthen my support system during this step?*

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### 3. A Moral Inventory

#### Am I disturbed by the word "moral"? Why?

##### How to think about it:

- Reflect on any discomfort you have with the word "moral." Does it bring up feelings of shame, rebellion, or guilt based on past experiences with authority figures or societal expectations?
  - Consider redefining "moral" in a way that feels personal and meaningful to you, focusing on your own values and principles rather than society's judgments.  
*Ask: What does "moral" mean to me, and how can I make peace with that word in the context of my recovery?*
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#### Am I disturbed by thinking about society's expectations and afraid that I can't, won't, or will never be able to conform to them?

##### How to think about it:

- Reflect on whether societal pressures or expectations have impacted your view of yourself. Are you afraid of failing to meet standards imposed by others, and does this fear stop you from being honest in your inventory?
  - Recognize that this step is about **your** values, not about conforming to others' expectations.  
*Ask: Am I letting society's expectations hold me back from being honest in this step?*
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#### What values and principles are important to me?

##### How to think about it:

- Reflect on what values you hold dear—honesty, loyalty, kindness, integrity, or something else. Think about how these values shape your actions and relationships, and whether your behavior aligns with them.
  - Acknowledge any areas where you may not have lived up to your values, without judgment, and consider how you can improve.  
*Ask: What principles guide my actions, and how do they reflect who I truly want to be?*
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### 4. Resentments

#### What people do I resent? Explain the situations that led to the resentment.

### **How to think about it:**

- Reflect on any people in your life—family members, friends, coworkers—towards whom you still feel anger or bitterness. Describe the situations that caused these feelings, focusing on **your part** in the resentment.
- Acknowledge that holding onto resentment keeps you stuck, and consider how working through these feelings can free you.

*Ask: Who do I resent, and what situations caused these feelings?*

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### **What institutions (school, government, religious, correctional, civic) do I resent? Explain the situations that led to the resentment.**

#### **How to think about it:**

- Reflect on any institutions or organizations that you feel have wronged you. This could include schools, religious groups, legal systems, or workplaces. Consider how your feelings towards these institutions affect your behavior and beliefs today.
- Understand that resentment toward institutions can also block personal growth, and working through them is necessary for healing.

*Ask: What institutions do I resent, and what situations caused this resentment?*

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### **What was my motivation, or what did I believe, that led me to act as I did in these situations?**

#### **How to think about it:**

- Reflect on your motivations and beliefs at the time of the situations that caused your resentments. Were you acting out of fear, anger, or self-preservation? Did you have expectations that others couldn't meet?
- Recognize that understanding your motivations can help you let go of resentments and change patterns of behavior.

*Ask: What beliefs or motivations led me to act the way I did in these situations?*

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### **How has my dishonesty contributed to my resentments?**

#### **How to think about it:**

- Reflect on whether dishonesty—either lying to yourself or others—has played a role in your resentments. Have you been unwilling to acknowledge your part in situations, or have you held onto false beliefs about others to justify your anger?
- Recognize that honesty is key to resolving resentments and moving forward.

*Ask: How has dishonesty, with myself or others, contributed to the resentments I'm holding onto?*

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## **How has my behavior contributed to my resentments?**

### **How to think about it:**

- Reflect on how your own actions and behaviors have contributed to the situations that led to your resentments. Did you provoke, manipulate, or ignore others' feelings?
- Recognize that taking responsibility for your part is essential to letting go of resentment and growing in recovery.

*Ask: How have my actions played a role in the resentments I'm holding onto?*

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## **Am I afraid of looking at my part in the situations that caused my resentments? Why?**

### **How to think about it:**

- Reflect on any fear you may have about acknowledging your role in creating or perpetuating resentments. Are you afraid of facing guilt or shame? Do you worry that accepting responsibility will leave you feeling vulnerable or exposed?
- Understand that this fear is normal, but facing it is necessary for healing and personal growth.

*Ask: What fears are stopping me from fully acknowledging my part in these situations?*

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## **How have my resentments affected my relationships with myself, with others, and with a Higher Power?**

### **How to think about it:**

- Reflect on how holding onto resentments has impacted your relationships, not only with others but with yourself and your Higher Power. Do these resentments create distance, mistrust, or conflict?
- Recognize that releasing resentments can lead to healthier relationships and a deeper connection to yourself and your Higher Power.

*Ask: How are my relationships suffering because of the resentments I haven't let go of?*

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## **What recurring themes do I notice in my resentments?**

### **How to think about it:**

- Reflect on any patterns or themes that emerge when you examine your resentments. Do they center around a specific issue, like feeling unappreciated, betrayed, or controlled? Recognizing these themes can help you understand underlying issues that need to be addressed.
  - Acknowledge these patterns so you can break free from them.  
*Ask: What common patterns or themes appear in my resentments?*
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## 5. Feelings

### How do I identify my individual feelings?

#### How to think about it:

- Reflect on how you recognize your emotions. Do you often feel confused or numb, or do you easily identify anger, sadness, joy, etc.? Consider whether you've suppressed your feelings over time, and how that impacts your ability to understand them now.
  - Recognize that reconnecting with your emotions is key to your recovery and self-awareness.  
*Ask: How do I currently identify my feelings, and how can I improve my emotional awareness?*
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### What feelings do I have the most trouble allowing myself to feel?

#### How to think about it:

- Reflect on specific emotions that you find difficult to experience or express. Are you uncomfortable with vulnerability, anger, sadness, or love? Explore why these emotions are challenging for you and how you've coped with them in the past.
  - Recognize that allowing yourself to feel all emotions is essential for emotional growth and healing.  
*Ask: What feelings do I avoid or suppress, and why do they make me uncomfortable?*
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This concludes the first part of the **Step Four Worksheet**. We've covered essential areas like **motivation**, **resentments**, and **feelings**. Let me know if you'd like to continue with the next set of questions or need adjustments.

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**You said:**

yes continue

**ChatGPT said:**

ChatGPT

Let's continue with the **Step Four Worksheet**, addressing the remaining sections on **guilt, shame, fear, relationships, sex, abuse, assets, and secrets**. Here's the continuation:

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## 6. Guilt and Shame

**Who or what do I feel guilty or ashamed about? Explain the situations that led to these feelings.**

**How to think about it:**

- Reflect on situations where you feel guilt or shame. These may involve things you did that violated your principles or situations where you feel responsible for hurting others.
  - Be honest in acknowledging these feelings, as confronting them is the first step towards healing.  
*Ask: What events or actions in my past make me feel guilt or shame, and how did they come about?*
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**Which of these situations have caused me to feel shame, though I had no part in creating them?**

**How to think about it:**

- Consider whether there are situations in which you feel shame despite having no control or responsibility over what happened. These could include things that were done to you or circumstances you were placed in.
  - Understand that you may be carrying unnecessary shame and that it's important to separate this from guilt.  
*Ask: Are there situations where I feel shame even though I had no control over them?*
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**In the situations I did have a part in, what was my motivation, or what did I believe, that led me to act as I did?**

**How to think about it:**

- Reflect on what motivated your actions in situations where you feel guilty or ashamed. Were you acting out of fear, anger, insecurity, or a desire for control?
- Recognize that understanding your motivations can help you learn from these experiences and make better choices in the future.  
*Ask: What was driving my actions in situations where I now feel guilt or shame?*

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## How has my behavior contributed to my guilt and shame?

### How to think about it:

- Reflect on how your actions or decisions may have contributed to your feelings of guilt or shame. Consider whether you've violated your own values, lied, or hurt others.
- Acknowledge that taking responsibility for your behavior is key to resolving these feelings and moving forward.

*Ask: How have my actions led to the guilt or shame I feel today?*

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## 7. Fear

### Who or what do I fear? Why?

#### How to think about it:

- Reflect on the people, situations, or experiences that cause fear in your life. This could include fear of failure, rejection, loss, or vulnerability. Explore the underlying reasons for these fears.
- Recognize that identifying your fears is essential to overcoming them and living more freely.

*Ask: What am I afraid of, and why does this fear exist in my life?*

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### What have I done to cover my fear?

#### How to think about it:

- Reflect on the ways you've tried to mask or avoid your fears. This could include using drugs, isolating yourself, lying, or acting aggressively.
- Acknowledge that covering your fear may have caused more harm than good, and explore healthier ways of dealing with it.

*Ask: How have I tried to hide or cover my fears, and what impact has that had on me and others?*

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### How have I responded negatively or destructively to my fear?

#### How to think about it:



- Reflect on how your fears have led to negative behaviors, such as anger, avoidance, or manipulation. Consider whether fear has caused you to hurt others or sabotage opportunities.
- Recognize that fear-based behaviors are often destructive, and explore how you can respond differently in the future.

*Ask: How has fear caused me to act in destructive ways, and what can I do to change this?*

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## **What do I most fear looking at and exposing about myself? What do I think will happen if I do?**

### **How to think about it:**

- Reflect on the aspects of yourself that you are most afraid to confront. This could include past mistakes, insecurities, or feelings of inadequacy. Consider what you believe will happen if you face these fears.
- Acknowledge that facing these fears can bring healing and self-acceptance, even though it feels difficult.

*Ask: What am I most afraid to reveal about myself, and what do I believe will happen if I do?*

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## **How have I cheated myself because of my fear?**

### **How to think about it:**

- Reflect on how fear has held you back in life. Have you missed opportunities, avoided relationships, or prevented yourself from growing because of fear?
- Recognize that fear can limit your potential, and consider how you can take steps to overcome it.

*Ask: How has fear kept me from living fully, and what opportunities have I missed because of it?*

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## **8. Relationships**

### **What conflicts in my personality make it difficult for me to maintain friendships and/or romantic relationships?**

#### **How to think about it:**

- Reflect on aspects of your personality that may cause challenges in relationships. This could include tendencies like jealousy, neediness, dishonesty, or withdrawal. Consider how these traits affect your ability to connect with others.

- Recognize that identifying these conflicts can help you work towards healthier relationships.

*Ask: What parts of my personality make it hard for me to maintain close relationships, and how can I improve?*

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## **How has my fear of being hurt affected my friendships and romantic relationships?**

### **How to think about it:**

- Reflect on how fear of being hurt or rejected has impacted your ability to engage in meaningful relationships. Have you avoided vulnerability, pushed people away, or sabotaged connections to protect yourself?
- Recognize that fear of being hurt often prevents true intimacy, and consider how you can be more open in your relationships.

*Ask: How has my fear of being hurt affected my relationships, and what can I do to overcome this?*

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## **How have I sacrificed platonic friendships in favor of romantic relationships?**

### **How to think about it:**

- Reflect on whether you've neglected or abandoned friendships when you were in a romantic relationship. Consider why this happened and how it affected your overall sense of connection and support.
- Recognize that balancing romantic and platonic relationships is important for a healthy social life.

*Ask: Have I prioritized romantic relationships over friendships, and how has that impacted my life?*

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## **In what ways did I compulsively seek relationships?**

### **How to think about it:**

- Reflect on whether you've sought out relationships to fill emotional voids, avoid loneliness, or validate yourself. Consider whether your pursuit of relationships was driven by compulsion rather than genuine connection.
- Acknowledge that healthy relationships come from a place of balance, not neediness or fear.

*Ask: How have I compulsively sought relationships, and what was driving that compulsion?*

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**In my relationships with family, do I sometimes feel as though we're locked into repeating the same patterns over and over without any hope of change? What are those patterns? What is my part in perpetuating them?**

**How to think about it:**

- Reflect on recurring dynamics in your family relationships. Do you find yourself repeating the same arguments, disappointments, or behaviors with family members? Consider how you contribute to these patterns, consciously or unconsciously.
  - Recognize that breaking these cycles is key to healthier family relationships.  
*Ask: What negative patterns exist in my family relationships, and how am I contributing to them?*
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**How have I avoided intimacy with my friends, partners or spouses, and family?**

**How to think about it:**

- Reflect on whether you've kept people at arm's length, avoided vulnerability, or held back in your relationships. Consider how fear, mistrust, or past trauma might have influenced your avoidance of intimacy.
  - Recognize that allowing intimacy is essential for meaningful and fulfilling relationships.  
*Ask: How have I avoided getting too close to others, and what has that cost me in my relationships?*
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**Have I had problems making commitments? Describe.**

**How to think about it:**

- Reflect on whether you've struggled with making commitments, either in romantic relationships, friendships, or other areas of life. Consider why you've avoided commitment—fear of responsibility, fear of failure, or fear of being hurt.
  - Acknowledge that commitment is necessary for building trust and stability in relationships.  
*Ask: What commitment issues have I faced, and what has prevented me from following through?*
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**Have I ever destroyed a relationship because I believed I was going to get hurt anyway, so I should get out before that could happen? Describe.**

**How to think about it:**

- Reflect on whether you've self-sabotaged relationships by ending them prematurely out of fear of being hurt or rejected. Consider why you believed it was better to leave than to stay vulnerable.
- Recognize that this behavior may have robbed you of the chance to build deeper connections.

*Ask: Have I ended relationships to avoid being hurt, and how has that affected me?*

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## 9. Sex

### How was my sexual behavior based in selfishness?

#### How to think about it:

- Reflect on whether your sexual behavior has been motivated by selfish desires—whether for pleasure, validation, or power—without consideration for your partner's feelings or needs.
- Acknowledge that recognizing selfish behavior is the first step towards developing healthier, more compassionate sexual relationships.

*Ask: How has selfishness influenced my sexual behavior, and how can I improve?*

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### Have I confused sex with love? What were the results of acting on that confusion?

#### How to think about it:

- Reflect on whether you've equated sex with love, leading to emotional confusion, attachment, or disappointment. Consider how this confusion has impacted your relationships and your sense of self-worth.
- Recognize that love and sex are distinct, and understanding this distinction is important for healthier relationships.

*Ask: How have I confused sex with love, and what has been the result?*

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This concludes the continuation of the **Step Four Worksheet**. We've covered **guilt, fear, relationships, and sex**. Let me know if you would like to continue with the remaining sections or make adjustments.

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**You said:**

yes continue

**ChatGPT said:**

ChatGPT

Let's continue with the **Step Four Worksheet**, addressing the remaining sections on **abuse**, **assets**, and **secrets**. Here's the final part of the worksheet:

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## 10. Abuse

**Have I ever been abused? By whom? What feelings did I or do I now have about it?**

**How to think about it:**

- Reflect on any instances of physical, emotional, or sexual abuse you've experienced. Be honest about how these experiences have affected your self-esteem, relationships, and overall well-being.
  - Acknowledge that while these experiences may have caused deep pain, recognizing and processing them is an important step toward healing.  
*Ask: Have I experienced abuse, and what emotions (anger, hurt, sadness) do I associate with those experiences?*
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**Has being abused affected my relationships with others? How?**

**How to think about it:**

- Reflect on how the abuse you've experienced has impacted your ability to trust others, form close relationships, or maintain boundaries. Consider whether it has caused you to shut down emotionally, become defensive, or seek unhealthy relationships.
  - Acknowledge that understanding how past abuse affects your present relationships is key to breaking these patterns.  
*Ask: How has the abuse I've experienced impacted my current relationships?*
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**If I have felt victimized for much of life because of being abused in childhood, what steps can I take to be restored to spiritual wholeness? Can my Higher Power help? How?**

**How to think about it:**

- Reflect on whether childhood abuse has caused you to feel powerless, victimized, or unable to trust others. Consider how connecting with your Higher Power and engaging in a spiritual recovery process can help you regain a sense of safety, wholeness, and trust in life.
- Acknowledge that healing from abuse is a journey that requires support, spiritual connection, and self-compassion.

*Ask: What steps can I take to begin healing from childhood abuse, and how can my Higher Power assist me in this process?*

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## **Have I ever abused anyone? Who and how?**

### **How to think about it:**

- Reflect on whether you've engaged in abusive behavior—physically, emotionally, or verbally—toward others. Be honest about the circumstances that led to this behavior, and consider how it may have hurt others or damaged relationships.
- Acknowledge that taking responsibility for abusive actions is necessary for personal growth and making amends.

*Ask: Have I ever abused someone else, and what were the circumstances around it?*

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## **What was I feeling and thinking right before I caused the harm?**

### **How to think about it:**

- Reflect on the emotions or thought patterns that led you to act out in abusive ways. Were you acting from a place of fear, anger, insecurity, or control? Understanding your mindset at the time can help you recognize triggers and avoid similar behavior in the future.
- Acknowledge that identifying the underlying causes of harmful behavior is essential for change.

*Ask: What emotions or beliefs were driving my actions when I caused harm to someone else?*

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## **Did I blame my victim or make excuses for my behavior? Describe.**

### **How to think about it:**

- Reflect on whether you deflected responsibility for your abusive behavior by blaming the person you harmed or by making excuses for why you acted the way you did. This can include justifying your actions as self-defense or as a reaction to someone else's behavior.
- Acknowledge that making excuses prevents true accountability and healing.

*Ask: Did I make excuses for my harmful behavior, and how can I take full responsibility now?*

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**Do I trust my Higher Power to work in my life and provide me with what I need so I don't have to harm anyone again? Am I willing to live with the painful feelings until they are changed through working the steps?**

**How to think about it:**

- Reflect on whether you're willing to trust your Higher Power to guide you toward healthier, non-violent ways of handling emotions and conflict. Consider how working the steps can help you process difficult emotions, so they no longer lead to harmful behavior.
- Acknowledge that this process requires faith, patience, and a willingness to face pain without reacting destructively.

*Ask: Am I willing to trust my Higher Power and work the steps to prevent future harm to others?*

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## **11. Assets**

**What qualities do I have that I like? That others like? That work well for me? How have I shown concern for myself and others?**

**How to think about it:**

- Reflect on your positive qualities—whether they be kindness, loyalty, creativity, or resilience. Consider how these traits benefit you and others, and how you've used them to show care and compassion for yourself and those around you.
- Recognize that acknowledging your strengths is as important as identifying your weaknesses.

*Ask: What positive qualities do I have, and how have I used them to contribute to my well-being and the well-being of others?*

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**Which spiritual principles am I practicing in my life? How has doing so changed my life?**

**How to think about it:**

- Reflect on the spiritual principles you've embraced in recovery—such as honesty, humility, gratitude, and acceptance—and consider how practicing these principles has transformed your thinking, behavior, and relationships.
- Acknowledge the positive changes that living by these principles has brought into your life.

*Ask: What spiritual principles guide me, and how have they helped me grow in recovery?*

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## **How has my faith and trust in a Higher Power grown?**

### **How to think about it:**

- Reflect on how your connection to a Higher Power has evolved during your recovery. Has your faith deepened? Do you trust your Higher Power to guide and support you through difficult situations? Consider how this trust has changed your outlook on life.
- Acknowledge that trusting in a Higher Power is a continuous journey, one that strengthens over time.

*Ask: How has my faith in a Higher Power grown, and how does it support me in recovery?*

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## **What is my relationship with my sponsor based on? How do I see that positive experience translating into other relationships?**

### **How to think about it:**

- Reflect on the relationship you have with your sponsor. What makes this relationship supportive and valuable? Consider how the trust, honesty, and accountability in this relationship can be applied to other areas of your life.
- Recognize that the healthy dynamics in your relationship with your sponsor can serve as a model for building strong relationships elsewhere.

*Ask: What makes my relationship with my sponsor successful, and how can I bring those qualities into other relationships?*

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## **What goals have I accomplished? Do I have other goals I am taking action to reach? What are they, and what action am I taking?**

### **How to think about it:**

- Reflect on the personal and recovery-related goals you've achieved, whether big or small. Consider how setting and achieving these goals has boosted your self-confidence and growth. Also, identify current goals and what steps you're taking to work toward them.
- Acknowledge that goal-setting and taking action are essential parts of growth in recovery.

*Ask: What goals have I already achieved, and what actions am I taking toward future goals?*

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## **What are my values? Which ones am I committed to living by, and how?**

### **How to think about it:**



- Reflect on the core values that are important to you, such as integrity, compassion, or responsibility. Consider how these values shape your decisions and actions, and how you stay committed to living by them.
- Recognize that living by your values provides a sense of purpose and guides you toward making healthy choices.

*Ask: What values are most important to me, and how am I living by them each day?*

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## **How am I showing my gratitude for my recovery?**

### **How to think about it:**

- Reflect on how you express gratitude for your recovery journey. This could include attending meetings, helping others in recovery, practicing self-care, or giving back to your community.
- Acknowledge that gratitude is a powerful tool for maintaining a positive mindset and staying committed to your recovery.

*Ask: How am I actively showing gratitude for my recovery, and how can I continue to practice gratitude daily?*

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## **12. Secrets**

### **Are there any secrets that I haven't written about yet? What are they?**

#### **How to think about it:**

- Reflect on whether there are any secrets you've been keeping, either from others or from yourself, that you haven't addressed in your inventory. Consider whether these secrets are holding you back in your recovery or creating reservations.
- Acknowledge that keeping secrets can hinder your progress, and being honest in your inventory will set you free.

*Ask: Am I keeping any secrets that I haven't yet confronted, and how are they impacting me?*

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### **Is there anything in this inventory that isn't true, or are there any stories I've told over and over again that aren't true?**

#### **How to think about it:**

- Reflect on whether you've included any exaggerations or fabrications in your inventory. Consider whether there are stories you've told yourself or others repeatedly, even though they aren't fully true.
- Recognize that facing the truth, no matter how difficult, is essential to your recovery and self-acceptance.

*Ask: Have I included any untruths in my inventory, and am I ready to let go of those stories?*

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## 13. Moving On

**Do I feel ready to move on to Step Five? Why or why not?**

**How to think about it:**

- Reflect on whether you feel prepared to share your inventory with your sponsor and move forward with Step Five. Consider whether there are any areas of your Fourth Step that need further exploration, or if you feel a sense of completion.
- Acknowledge that readiness for Step Five comes when you feel honest, thorough, and willing to continue your recovery journey.

*Ask: Am I ready to move on to Step Five, and if not, what's holding me back?*

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**How has completing this Fourth Step changed my view of myself and my recovery?**

**How to think about it:**

- Reflect on how completing your inventory has altered your understanding of yourself, your behaviors, and your past. Consider whether you feel more self-aware, empowered, or hopeful for the future.
- Recognize that this self-reflection is a powerful step toward healing and personal growth.

*Ask: How has working on Step Four shifted my perspective on who I am and where I'm going in recovery?*

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This concludes the **Step Four Worksheet**, covering the remaining sections on **abuse**, **assets**, and **secrets**. Now that you've completed this worksheet, you'll be prepared to move forward with Step Five, sharing your inventory with your sponsor.

Let me know if you need further clarification or additional questions for future steps!

