

Approaches To the Fourth Step

Compiled and Presented by

Tom O'Connor

July 14, 2001

©Tom O'Connor 1984, 1992, 2001

This Compilation draws on four sources:

- ❑ **Alcoholics Anonymous, The Big Book** (Third edition 1976)
- ❑ **The 12&12**
- ❑ **Step Four: A Simplified Approach Based on the Big Book**
By Tom O'Connor (1984 Edition)
- ❑ **Taking Step Four**
By the BIG BOOK BUNCH (June, 2000 Edition)

Feel free to distribute this Guide subject to the usual conditions regarding anonymity and recognition of the sources of material. On subsequent distributions made by email, as you send or receive this please let the editor of this Guide know by email to Lahn@Aol.Com. Also please send any comments or suggestions for improvements to the editor at Lahn@Aol.Com.

The initial hard copy distribution in July was made at the July 14, 2001 seminar to approximately 50 people in Northern Virginia, and by email to another 100 people located in The US and Eastern Europe. Subsequent distribution is underway in the US and Europe.

Sources and Distribution

The Big Book and the 12 & 12 are conference approved literature owned and published by Alcoholics Anonymous (AA).

The Big Book Bunch group of Alcoholics Anonymous has its origins in the Students of the Big Book group, which has met in Woodland Hills, California since December of 1985. Neither the compiler of this Guide nor The Big Book Bunch has any affiliation with any organization or cause other than membership as individuals in AA. Their written materials are not official AA literature. They usually do, nevertheless, reference and contain information from the Big Book (Alcoholics Anonymous) and other conference approved literature owned and published by Alcoholics Anonymous.

You may reproduce and distribute the material in this presentation provided that::

- a) Distribution is guided by the usual conditions of anonymity at the level of press, radio, TV and film.
- b) Sources of materials are identified:
 - Centreville – Vienna VA July, 2001 4th Step Seminar, AA or the BBB),
- c) No charge is made for the materials, and
- d) Materials are not distributed by an organization or process that charges a fee.

The 12 Suggested Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol--that our lives had become unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

The principle of the 4th Step is:

(In your own words.....this is the “before” version).

What I Hope to get out of the 4th Step is:

(In your own words.....this is the “before” version).

Drawing from “How it Works”, chapter 5 of the Big Book, this presentation focuses on one of the most important steps, the 4th Step:

4) Made a searching and fearless moral inventory of ourselves.

That is what the authors of the Big Book did and millions before us did. Step Four is often a major stumbling block. Failure to complete Step Four can lead to relapse with tragic consequences. This led to the creation of this simplified approach to Step Four.

This simplified approach can serve as the complete 4th Step process or it can be used in conjunction with other approaches such as written narratives. It has been shown to work successfully either way.

A. Suggested Readings For Step Four:

Big Book:	From: Page 63, "Next we launched ..." Through: Page 71, the end of Chapter 5
12 & 12:	Step 4

- ❑ You might want to take a look at these readings...

B. Ways to do the 4th Step

While there is general agreement that Step 4 is a written inventory step, there are many ways in which it can be done:

- ❑ The method in the Big Book consists of five lists
- ❑ The 12&12 uses the "seven deadly sins" as its basis.
- ❑ An early member of AA used a list of 20 defects of character as an outline.
- ❑ Others have compiled pages of character defects to wade through
- ❑ Some sponsors propose a life history be written,
- ❑ The Hazelden people have a variety of guidance methods.
- ❑ There are PC computer programs that ask you questions.

You could explore some or all of these alternatives for your inventory. We focus here on a method based on the Big Book, drawing on some of the other methods as supplements.

II. The Objective of the 4th Step

The objective of the 4th Step is to begin a lifelong process of change. The reason for the change is to lead you to a happier life. It is that simple.

In the 4th Step we learn about ourselves...what we do right ...what we do wrong...and how to change for the better.

III. The Big Book Method

The Big Book Method is built around lists.

A. Written Inventory.

Between pages 64 and 71 of the Big Book are at least 10 clear statements that your inventory is to be *written*. Get out your pen and paper, a typewriter or PC, or write right on this outline.

It is useful to remember that you are not writing something as daunting as the great American novel. In fact, setting forth your life history could miss the objective. The Fourth Step is an inventory—not a narrative.

And, what is an inventory? In 1939 at the time the Big Book was written, Webster's dictionary gave a useful definition:

An Inventory is:

"...an itemized list of goods and valuables [stock or a person's qualities], with their estimated worth;..."

The list is a useful organizing method for the Fourth Step inventory. Notice that an inventory takes account of both assets and liabilities or defects. While we focus here primarily on liabilities they are only part of the picture; you also have assets. The 4th step is a means of reducing liabilities or character defects and building assets or character strengths. While the past may be about liabilities, the present and future is about assets.

A moral inventory is an inventory which is ...

1. of, pertaining to, or concerned with the principles of right conduct or the distinction between right and wrong;
2. conforming to accepted or established principles of right conduct (opposed to immoral); virtuous; upright:.
3. expressing or conveying truths or counsel as to right conduct.
4. based on fundamental principles of right conduct rather than on law, custom.
5. capable of recognizing the rules of right conduct.

This moral inventory is not directed toward counting possessions. Nor is it directed toward listing people, institutions, principles or, even, actions in order to count them.

Rather we seek to illuminate the basis (or underlying cause) of our actions. For example, why do we resent ...why do we become angry...and ultimately how can we do less of that damaging behavior.

The essential results of this 4th step inventory will be to provide the data to help you:

- ❑ **First and foremost launch your process of change.**
- ❑ **Identify assets and defects for use in step five.**

B. *How many and how much*

How many inventories?

- ❑ **Suggestions:**

A minimum of one 4th Step is strongly suggested. While the formal written inventory of step four need be taken only once, some take multiple 4th steps inventories. Many use the tenth step for spot-check, daily, and periodic refresher inventories.

How thorough an Inventory?

- ❑ **Suggestions:**

Thoroughness and honesty is the key. But brevity is recommended...more on this later.

How can you avoid undue length?

- ❑ **Suggestions:**

Leave out needless repetition of resentments, fears, and wrongs when the associated character defect has already been identified.

Use a set of key people and events in your life as a means of focusing on the key issues and defects...more on this later.

What about sensitive information?

What should you do with very sensitive information? Many recovering alcoholics have one or more experiences in their past that they are reluctant to put on paper—either because the incident is one about which they feel great shame or because its revelation might cause severe personal or legal damage to ourselves or others.

□ Suggestions:

1. Keep your inventory in a safe, private place so that no other person will see it unless you reveal it to them. Anticipate that some will be curious, and take precautions to assure your privacy.
2. Leave nothing significant out of your inventory on the grounds that it is a sensitive item.
3. If you have cause to take extraordinary precautions against disclosure of some part of your past, you may wish to encipher the incident or character trait as "Topic A" or the like (it's up to you, though, to remember what Topic A really is). This will prevent its disclosure to any person reading your inventory, but it will still satisfy the need for the topic to be included. You then deal with this topic in step five. The 4th step entry is your reminder to include the item in step 5.

What about Amends?**□ Suggestions:**

Avoid making amends without guidance. An intentional, but premature, disclosure as part of the mending process can be very damaging—to you and others.

Except for minor matters or exceptions you have discussed with your sponsor in advance, it is wise to defer the amends till after step eight and then confer with your sponsor before beginning.

When to start your inventory.

The completion of Step 3 is described on page 63 of the Big Book. The next paragraph says,

“Next we launched out on a course of vigorous action ... at once..”.[Big Book page 63, & page 64]

The result of the 4th step is to heal and restore you. This thought can help you get into action.

You may be assured that the person you discover will be worth loving and worth saving.

IV. Methods of Organizing the 4th Step

It helps to divide a big job into simple pieces. For example, using the Big Book Method and its lists, we could start with the first list today. It will take from 5 to 30 minutes.

A. How many lists; and what is on the lists?

The Big Book mentions five lists.

Step Four can be built around these lists:

Resentments. [See Big Book Page 64]

Faults [See Big Book Page 67]

Fears. [See Big Book Page 68]

Sexual Injury. [See Big Book Page 69]

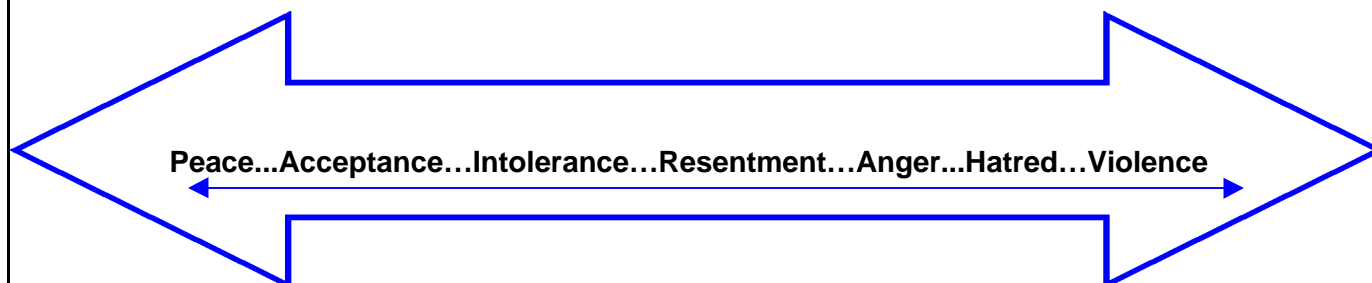
Harms. [See Big Book Page 70]

We can organize and build the lists in easy steps with simple tables made up of columns and rows.

B. Step 4 List: RESENTMENTS.**RESENTMENTS -- Identifying Who you Feel Resentful or Angry toward**

Who	Events: What They Did	Reasons Why I Felt Resentful or Angry
Father		
Mother		
Sister		
Brother		
Spouse		
Teacher		
Co Worker		
Boss		
IRS		
...and so on		

The 4th Step helps us identify where we are on the spectrum, the beginning of a process of renewal. The remedy may be as simple as changing the direction you are going.



Taking one step at a time, the beginning of the table; listing the people and institutions in column 1 can usually be done in a few hours. Arranging the table into columns can help you avoid being intimidated or held back by a perception that the 4th step inventory has to be a big deal.

We have listed the people and institutions in column 1. That was **Who**. Next we turn to **What** they did; and then **Why** we felt angry or resentful about What they did.

**RESENTMENTS -- Identifying What happened
that caused you to Feel Resentful or Angry**

Step 4 List: Resentments, Events and Reasons

Who	Events: What They Did The "Cause" on page 65	Reasons Why I Felt Resentful or Angry
Father	For each of those in column 1, list the worst thing they did or the worst experience you had with them. If you could call back and redo one day, one event, or one type of event or day; that is the event to list.	
Mother		
Sister		
Brother		
Spouse		
Teacher		
Co Worker		
Employee		
Boss		
IRS		
...and so on		

Describe briefly the key thing they did that triggered your anger or resentment.

RESENTMENTS -- Identifying Why you Felt Resentful or Angry at those events

Step 4 List: Resentments, Events, and Reasons

Who	Events: What They Did	Reasons Why I Felt Resentful or Angry
Father	<p>For each of those in column 1, list the worst thing they did or the worst experience you had with them.</p> <p>If you could call back and redo one day, one event, or one type of event or day; that is the event to list.</p>	
Mother		
Sister		
Brother		
Spouse		
Teacher		
Co Worker		
Employee		
Boss		
IRS		
...and so on		

Column #1 lists WHO. Column #2 lists WHAT they did. Column #3 lists WHY it affected you adversely. Column #1 is a straightforward list. Column #2, the Cause, required more thought, but is still descriptive. The WHY column merits some deeper searching. Just *what is it about you* that was triggered by the other person or their actions? Include in column 3 as many triggers as apply. The first 8 triggers listed in the next table are found in the Big Book [p 65] denoted as "...affects my...". We have added two more: Health, and a catch-all, Sense of justice, to take care of drivers who cut you off on the beltway, and people who look at you funny. And there is room for more if needed.

Step 4 List: Resentments and Triggers

“Triggers” or reasons why you felt anger and resentment
You can select from these and similar “triggers” to fill in the
Reasons Why you felt resentful or angry
on the preceding table.

1. Ambition	6. Pride	11.
2. Fear	7. Self esteem	12
3. Financial security	8. Sex relations	13.
4. Physical security	9. Health	14.
5. Personal relationship	10. Sense of justice.	15. . .and so on

It can be helpful to consult with your sponsor after you have filled in the “whys” for the first few items. Identifying these triggers can be difficult.

Another way to think about each event is to consider the faults involved. This list can be treated as a fourth column of the resentment table. What the book says is,

...”The inventory was ours, not the other man's. When we saw our faults we listed them.”...[Big Book page 67]

So far the Resentment table deals primarily with people, institutions and principles that you resent. Usually, your resentment is based upon a wrong you believe was done to you. The fourth column identifies ***your own part*** in causing the injury to yourself and to others as well. If you choose not to make it part of the resentment list, then make up a separate list, showing the name of the person resented and where you were also wrong. **This is important...changing your behavior is the key to your progress.**

RESENTMENTS -- Identifying What fault of yours contributed to the events leading to your Resentment or Anger. This you can do something about.

Step 4 List: Resentments, Events, Reasons and Faults

Who	Events: What They Did	Reasons Why I Felt Resentful or Angry	What Fault of mine was involved
Father	For each of those in column 1, list the worst thing they did or the worst experience you had with them.		
Mother			
Sister			
Brother			
Spouse			
Teacher	If you could call back and redo one day, one event, or one type of event or day; that is the event to list.		
Co Worker			
Employee			
Boss			
IRS			
...and so on			

C. Step 4 List: Resentments and Faults

Reason for Resentment	My fault
1. Ambition	
2. Fear	Scared the other person
3. Financial security	Wasted money on alcohol Failed to file tax returns
4. Physical security	Insulted the other person
5. Personal relationship	Did not keep my word
6. Pride	Egotistical behavior
7. Self esteem	
8. Sex relations	
9. Health	Did not take care of my self
10. Sense of justice.	Cut the person off in traffic first
11.	
12...and so on	...and so on

Notice that we often judge ourselves by our intentions but judge others by their actions. Giving others the benefit of the doubt as to their intentions, or credit for good intentions, can eliminate much difficulty. Similarly, changing the faults that led to your resentments can have a marked effect on your happiness. This is one of the major benefits of the 4th step, in combination with the subsequent steps.

D. Step 4 List; Your FEARS

For fears, create another list. You have already indicated on the resentment table some actions that cause you to react in fear. Skim through them and list the feared pattern. Add other things you fear even though you may not resent them.

I have Fear of	Frequency of this fear	Severity of this fear
Getting Cancer		
Being broke		
Violence		
Being unloved		
Being alone		
...and so on		

The remedy for fear is faith and action. It is helpful to know what the fear is as we move toward faith.

E. Step 4 List; SEXUAL CONDUCT and resultant Injuries

This is the list of your sexually related conduct in which you have been selfish, dishonest, inconsiderate or hurtful; or where you have unjustifiably aroused jealousy, suspicion or bitterness.

This list looks very much like the resentment table, except that here it is likely that the others could resent us

Who was involved	What I did	What hurts resulted to others
Spouse	Infidelity,	Damaged self esteem,
Boy friend (s)	Abusive behavior,	Fear,
Girl friend (s)	Selfish behavior,	Unhappiness,
Others		
Ex' es		
...and so on	...and so on	...and so on

F. Step 4 List: HARMS I Caused:

"We have listed the people we have hurt by our conduct..." This is a preliminary version of your list for step eight. It doesn't need to be complete at this time, but it should contain all the persons and institutions on your 4th step lists that you have harmed.

Who I harmed	What I did
Friends	Violence, Theft, Insults, Broken promises, ...and so on
Relatives	
Employer	
Others	

If the injury has already been amended, it does not need to be included. It is suggested that you defer to step eight new amends. In other words, document what you did, without focusing on, or getting hung up on, what you are willing to do about it.

V. Work book pages for your responses

A. Step 4 List: Resentments, Events, Reasons and Faults

Who	Events: What They Did	Reasons Why I Felt Resentful or Angry	What Fault of mine was involved
Father			
Mother			
Sister			
Brother			
Spouse			
Teacher			
Co Worker			
Employee			
Boss			
IRS			
...and so on			

B. Step 4 List: Resentments and Faults

Reason for Resentment	My fault
1. Ambition	
2. Fear	
3. Financial security	
4. Physical security	
5. Personal relationship	
6. Pride	
7. Self esteem	
8. Sex relations	
9. Health	
10. Sense of justice.	
11	
12	
13	
14	
15. ...and so on	...and so on

C. Step 4 List: Fears

I have Fear of	Frequency of this fear	Severity of this fear
Getting Cancer		
Being broke		
Violence		
Being unloved		
Being alone		
...and so on		

D. Step 4 List: SEXUAL CONDUCT and resultant Injuries

Who was involved	What I did	What hurts resulted to others
Spouse		
Boy friend (s)		
Girl friend (s)		
Others		
Ex' es		
...and so on		

E. Step 4 List: HARMS I Caused:

"We have listed the people we have hurt by our conduct..." This is a preliminary version of your list for step eight. It doesn't need to be complete at this time, but it should contain all the persons and institutions on your 4th step lists that you have harmed.

Who I harmed	What I did
Relatives	
Employer	
Friends	
Others	
...and so on	...and so on

If the injury has already been amended, it does not need to be included. It is suggested that you defer to step eight new amends. In other words, document what you did, without focusing on, or getting hung up on, what you are willing to do about it.

VI. Evaluation and Preparation.

You have finished your written inventory. These lists and tables break the 4th Step process into doable parts. Now there is one final part. The Big Book suggests that you review your lists, consider what they mean, and learn from what you have written. This process leads into and gets you ready for step five.

For example, consider resentments and whether they help you or hurt you.

The power of resentment as you now see, or will eventually see, is formidable:

- A life which includes deep resentment leads only to futility and unhappiness.
- The hours in which we allow futility and unhappiness in our lives are not worth while. Resentments waste our lives.
- Resentments shut us off from the sunlight of the Spirit, thereby preventing the maintenance and growth of a spiritual experience.
- When shadowed from the sunlight of the Spirit, the insanity of alcohol returns, we could drink again, and we could die.
- Harboring of resentments can easily be fatal.

Most alcoholics have a deep—almost pathological—sense of justice. If we are wronged (meaning often that we did not get what we wanted), or even conjure up the notion that we might have been wronged, we find justification to express anger or harbor resentment.

It then can seem almost a duty to carry a justified resentment. Otherwise those who have wronged us would get off scot-free. And that wouldn't be right, would it? So, we can waste much of our lives judging and punishing others. Relinquishing a justified resentment is one of the most difficult experiences for the alcoholic. Yet, it can be lifesaving!

And, how do we rid ourselves of resentments? That process of change can begin in step 4. The lists help set the process in motion.

- **First study the message of the column headings on the Step 4 lists and tables:**

Column #1) Who do you resent?

Column #2) Events: What did they do that you found offensive?

Column #3) Reasons Why did you react with a resentment?

Column #4) Faults: How did you contribute to causing their action?

Look for repeating patterns of adverse behavior, behavior that leads to unhappiness. Resentments cannot be cleared up until we know we have them and why. Resentments make you vulnerable to the outside world to an extraordinary extent. Our self-concept becomes molded largely by the opinions and actions of others or our old destructive and counter productive thinking.

- **Next, we become willing to let go of the resentment.**

More about this later in step six. It is definitely advisable to forgive the person we resent. There will be more discussion of forgiving others in step eight. The concept of forgiveness is powerful. Forgiveness is the surest course to peace.

❑ **Now look at your fear list.**

For most of us, fear is the underlying cause of resentments, greed and negative behavior with others. More on this in step six.

❑ **Finally, consider the harm you have done others,** Why did you do what you did?

The ultimate key given you in the Big Book is the idea that your life is now on a different basis, a different and stronger foundation—that upon which all the rest stands. Your new basis is trusting and relying upon God or your Higher Power.

VII. Character Defects and Character Strengths.

We note in the steps these phrases: "...the exact nature of our wrongs... defects of character ... shortcomings." Here we have three different ways of saying defects of character, which, according to Webster, are habitual traits of defective thought and behavior:

CHARACTER is defined as

- | |
|---|
| <input type="checkbox"/> An attribute, quality, or property; especially a distinguishing attribute. |
| <input type="checkbox"/> The aggregation of distinctive qualities belonging to an individual...; the stamp of individuality impressed by nature, education, or habit... |
| <input type="checkbox"/> The estimate put upon a person or thing; reputation; repute. |
| <input type="checkbox"/> Moral vigor or firmness, esp. as acquired through self-discipline. |

We have assembled a short catalogue of character defects and character strengths, which you may expand or condense as you see fit. In the process of Steps 4 and 5 you will discover which of these apply to you. In the [] to the left of each candidate in the catalogue you can place a check mark [✓] if it applies sometimes, an [X] if it is a real problem, or just leave it blank [] if it does not apply. Please consider both defects and strengths. The defects can be reduced and the strengths can grow and multiply.

The defects are the aspects we become willing to have removed from us in Step 6. Please notice that unreasonable judges, nagging partners, dictatorial bosses, stupid drivers, overdrawn checking accounts, and similar external factors are not on the character list.

Following the list of defects is a list of assets. Consider which of these you now have...would like to have...would like to build or increase. Give yourself credit for what you have accomplished and set goals for growth.

A. Defects of CHARACTER: reduce and eliminate these....

<input type="checkbox"/> Abusing others	<input type="checkbox"/> Fear *	<input type="checkbox"/> Pessimism	<input type="checkbox"/> Fanaticism
<input type="checkbox"/> Anger 7	<input type="checkbox"/> Excess	<input type="checkbox"/> Prejudice	<input type="checkbox"/> Favoritism
<input type="checkbox"/> Arguing	<input type="checkbox"/> Gluttony 7	<input type="checkbox"/> Pride 7	<input type="checkbox"/> Miserliness
<input type="checkbox"/> Arrogance	<input type="checkbox"/> Gossiping *	<input type="checkbox"/> Procrastination *	<input type="checkbox"/> Negative thinking *
<input type="checkbox"/> Boasting	<input type="checkbox"/> Greed 7	<input type="checkbox"/> Recklessness	<input type="checkbox"/> Waste
<input type="checkbox"/> Cheating	<input type="checkbox"/> Hate *	<input type="checkbox"/> Resentment *	<input type="checkbox"/> Thoughtlessness
<input type="checkbox"/> Closed-mindedness	<input type="checkbox"/> Hopelessness	<input type="checkbox"/> Revenge	<input type="checkbox"/> Lust 7
<input type="checkbox"/> Cold-heartedness	<input type="checkbox"/> Immodesty	<input type="checkbox"/> Sarcasm	<input type="checkbox"/> Enviousness * 7
<input type="checkbox"/> Complaining	<input type="checkbox"/> Impatience *	<input type="checkbox"/> Secretiveness	<input type="checkbox"/> Uncleaness
<input type="checkbox"/> Controlling others	<input type="checkbox"/> Injustice	<input type="checkbox"/> Self condemnation *	<input type="checkbox"/> Lying *
<input type="checkbox"/> Seeking Corrupt companions	<input type="checkbox"/> Insincerity *	<input type="checkbox"/> Self-indulgence	<input type="checkbox"/> Exaggeration
<input type="checkbox"/> Cowardice	<input type="checkbox"/> Insulting	<input type="checkbox"/> Self-justification *	<input type="checkbox"/> Vulgarity *
<input type="checkbox"/> Criticizing *	<input type="checkbox"/> Intolerance	<input type="checkbox"/> Self-pity *	<input type="checkbox"/> Meddling
<input type="checkbox"/> Dependency	<input type="checkbox"/> Irresponsibility	<input type="checkbox"/> Selfishness *	<input type="checkbox"/> Dishonesty *
<input type="checkbox"/> Destructiveness	<input type="checkbox"/> Jealousy *	<input type="checkbox"/> Sloth 7	<input type="checkbox"/> Lewdness
<input type="checkbox"/> Deviousness	<input type="checkbox"/> Laziness *	<input type="checkbox"/> Theft	<input type="checkbox"/> Thrill-seeking

* --One of 20 character defects identified by an early member of AA
 7 --One of the "Seven Deadly Sins"

B. Strengths of Character ...By Focusing here and Growing and Increasing these:

<input type="checkbox"/> Helping others	<input type="checkbox"/> Faith	<input type="checkbox"/> Optimism	<input type="checkbox"/> Positive thinking
<input type="checkbox"/> Calmness	<input type="checkbox"/> Purity	<input type="checkbox"/> Fair minded ness	
<input type="checkbox"/> Listening	<input type="checkbox"/> Generosity	<input type="checkbox"/> Humility	
<input type="checkbox"/> Humility	<input type="checkbox"/> Charity	<input type="checkbox"/> Promptness	
<input type="checkbox"/> Truthfulness	<input type="checkbox"/> Love	<input type="checkbox"/> Prudence	
<input type="checkbox"/> Honesty	<input type="checkbox"/> Belief in Higher Power	<input type="checkbox"/> Forgiveness	
<input type="checkbox"/> Open-mindedness	<input type="checkbox"/> Modesty	<input type="checkbox"/> Open-ness	
<input type="checkbox"/> Warm-heartedness	<input type="checkbox"/> Patience	<input type="checkbox"/> Self acceptance	
<input type="checkbox"/> Acceptance	<input type="checkbox"/> Justice	<input type="checkbox"/> Selflessness	
<input type="checkbox"/> Helping others	<input type="checkbox"/> Sincerity	<input type="checkbox"/> Energy	
<input type="checkbox"/> Seeking Good companions	<input type="checkbox"/> Tolerance	<input type="checkbox"/> Honesty	
<input type="checkbox"/> Courage	<input type="checkbox"/> Responsibility	<input type="checkbox"/> Thoughtfulness	
<input type="checkbox"/> Praise of others	<input type="checkbox"/> Tolerance	<input type="checkbox"/> Cleanness	
<input type="checkbox"/> Independence	<input type="checkbox"/> Industriousness	<input type="checkbox"/> Politeness	
<input type="checkbox"/> Constructiveness	<input type="checkbox"/> Reasonableness	<input type="checkbox"/> Moderation	
<input type="checkbox"/> Straightforwardness	<input type="checkbox"/> Favoritism	<input type="checkbox"/> Truthfulness	
<input type="checkbox"/> Acceptance of others	<input type="checkbox"/> Generosity	<input type="checkbox"/> Honesty	
...and so on	...and so on	...and so on	...and so on

VIII. The 12 Suggested Steps of Alcoholics Anonymous

- 1. We admitted we were powerless over alcohol--that our lives had become unmanageable.**
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.**
- 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.**

.....The steps directed toward change...beginning with the 4th step...

- 4. Made a searching and fearless moral inventory of ourselves.**
 - 5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.**
 - 6. Were entirely ready to have God remove all these defects of character.**
 - 7. Humbly asked Him to remove our shortcomings.**
 - 8. Made a list of all persons we had harmed, and became willing to make amends to them all.**
 - 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**
- 10. Continued to take personal inventory and when we were wrong promptly admitted it.**
 - 11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**
 - 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.**

The 4th step prayer. Big Book page 66:

"This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done. We avoid retaliation or argument."

And after we do the 5th step...

"Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. "

The principle of Step 4 is:

(In your own words...this is the “after” version)