

#4 B.

Step 4

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After third step - ~~I didn't~~
took alot of the fight
out of me. I didn't seem
to have as much at stake
as much to lose or win.

unity & service

There are lots of things
needed in this program
But we are all whole
just a part of

I began
slowly to turn a little of my life over to God at a time. I am a
very rebellious person and the more I fought, these new feelings, the
more inadequate I began to feel.

X4 B. Step

... , or drink licuer, or beer today. Because we dont have to be any more than our selfs or show any bodvy any thing We have been freed from a hopless rellance With the forses of dope.

" Know thy self ", Socrates said. This is step four as I understand it. I m ay N ot UnderStand it like Joe or FRED , LinOr Martell but I feel thier is so much More to recovery than Dont drink go to meetings. There is that freedom , Happiness and jo y that I hear others talking about . these o thers are my dear, daer sisters and brothers in recovery from addiction I want what they have to offer. There are quite afew fourt step guides.

As I have been taught from my daily experiences in recovery, members Ive talked to and Lessons sent me by my higher power, as I partially understand that one. the fourt steps insights are revealed to use on a daily basis the step as written in o ur minds in spoken + rod. is writing these in sigthful truths about our nature as drug addicts , a people badly afflicted w with damaging charcttor traits destructive to me, you and oters, and also the baetif and lin charctor in our nature as human beings and sharing it with another human being. after all it is what we dont know that can main and killus or cause great suffering if not removed. Of course m we have along history of sick living behind us for today weither or not it stays b hind us is amatter of effort on our part. there fore I beseech you work this step with p utting your heart into it, . THis is the fourth step , the way I understand It today, a sourvey or recalling if youwill the grim instancses in the past were for some inex plicable reason I suffered , wrecked havic, etc also what kept us alive on real feelings. at the time I feel

Apperantly I dont know that much aboutit but even writing down feelings and putting them on paper, fear of mis understanding for it was many years that we as individuals and as a people were mis understood that this fear may still be with us, it is less and less with me , But writing down these fears, resentments , hardships, grudges and grievises, and the under lying parts of uour nature that caused them has a calming effect as I feel it. This shareing of our selves with our selfs is I think good for our entire nature. The inadesiquis I have felt Left for awhile after my first fith step. They come back. I have to keep up a tenth step for me to have all that more there is that recovery has to offer, on adaily basis. Thereis pease clean and sober of a kind un known by our brother and sister addicts still using.

So claen house, more meanig of what it is to be free from the gripps of addiction will be revealed. We can carry this message together with God , Orderly , direction(G.O.D.)

was the same
of reason that in
the house all

by looking around
I can look outward
and see better -

at the step / I agree
all my blessing from
my afflictions.

I came around the
program then came
into the program.

5-7-67 4

Let's face it. When we were using we weren't very honest with ourselves. If we were, we wouldn't have been able to live with our addiction. We are finally beginning to become honest when we admit drugs have us whipped and that we need help--but it took us a long time to get down to where we could admit we were whipped and we're probably not going to become well physically, spiritually, mentally or emotionally overnight. Step Four is going to help us toward recovery more than we can imagine. Ask anyone who has some time on the program and who has the kind of life you want for yourself. Almost without exception, they will tell you that the Fourth Step was a turning point in their lives.

Self-pity blocks effective action. The more we indulge in it the more we feel that the answer to problems is a change in others or the world, not a change in us. Thus we become a hopeless case.

*... if I
don't I will be clean
& sober and I will have
reality, truth, you
people this program
and a chance and
all the changes for
better in all areas of
my life. Thank you
God.*

Exhaustion is the result when we use energy in mulling over the past with regret, or in trying to figure ways to escape a future that hasn't even come yet. Likewise, setting up an image of the future and anxiously hovering over it for fear that it will or won't come true uses all of our energy and leaves us unable to live today. Yet living this day is the only way to have a life.

Take no thought for the future actions of others. Neither expect them to be better or worse as time goes on, for in such expectations you are really trying to create. This is God's job, not yours; when man tries to create another life, he makes only monsters. Love alone can create. Love and let be.

Remember all people are always changing. When we judge them we judge on what we believe we know of them, failing to realize that there is much we do not know, and that they are constantly changing as they try or better or worse to cope with life. Give others credit even as all of us struggle; give them credit for attempts at progress, even if their changes are not apparent, and above all give them credit for having had many victories which are unknown. (We are all of the same cloth, rough of a different cut.)

Remember you, too, are always changing, and you can direct that change consciously if you so desire. Yourself, you CAN change. Others you can only love.

*Character defects
cause me to misinterpret
things, feelings,
sayings etc.*

*The beauty of belonging
is. We are all
gaining toward a
Oneness with God
no matter what
comes down etc
~~let this be~~*

can. The Fourth step involves reviewing our past performance and our present behavior to see what we want to keep and what we want to be rid of. It seems that this step has the reputation of being a bugaboo. Really it is quite simple. We, as recovering addicts, now have the right to reach ~~for~~ levels of greater comfort and we can reach them if we can get a handle on what we've been doing wrong. ^{We have a great deal of our life before they got rid of us.} Perhaps we misunderstood something that we heard as a child ~~xxx~~ that needs only to be rethought to reveal the error.

A justified resentment is even worse than an ordinary resentment because it becomes a complete rationalization. The best definition of a resentment that I've ever read is giving a socially acceptable reason for socially unacceptable behavior. The sooner we can get our reactions back under our own control, the better for us. All we have to do is break one link in the chain. One pause, one slight show of reluctance one silent prayer for tolerance can mean all the difference.

Only if our houses are cleaned regularly will ~~mor~~ be revealed to us. The revelation of being clean and sober is our safe guard against relapse. Remembering how much it means to us to be clean and sober is our sanity. When we have lost the revelation of what it means to be a clean and sober drug addict there are a few things that we can do. First of all it means that we are free. We are clean and sober and we don't have to use drugs today. We just don't have to have them. 2nd it means that we are a part of a wondrous fellowship woven tighter than all the dope in Iran than any thing we had ever known. It means a beautiful way of life and a chance to be loved and accepted as our self for what we are. The old pseudos can be knocked out like a pane of glass and fresh air can come into our suffocating persons. We are given a chance to adopt spiritual principles into a personal program that situations and circumstances cannot give nor take. They no longer hold use in the grips of insanity, loneliness, and terror. Finally we are left alive and happy, grateful, joyous and free. We don't have to die today no matter what we don't have to do drugs.

4

HOW IT WORKS

(60)

Step 4

physically, mentally, ^{spiritually} ~~causing deterioration~~
 Ego - self centered
 self esteem - self worth
 "I" issue, respect for
 my potential as a child
 of God as such full
 of promise of greatness

Don't look at them as
 problems but opportunities
 for H.P. to show his
 omnipotence or opportunity
 to show my powerlessness &

If we have come this far in the N.A. program, we have already noticed some change in our lives. Of course, the change is probably not as fast nor as dramatic as we could wish. We turned to drugs in the first place because we were people who wanted instant happiness or instant comfort and the drugs seemed, for a time, to provide it. We may be impatient for change. Impatience may be one of our life problems. Many of us expect that as soon as we stop taking drugs, all of our other troubles are going to disappear. If you have been around long enough to get through the first three steps, you have probably discovered this isn't so. There are still bills to be paid, people to get along with or without, fears and ills to be dealt with. In fact, now that we are facing life without an anesthetic, these living problems may seem at first to be more difficult and painful than ever. They can appear to be impossible and overwhelming. That's why we have Step Four.

Manifestly there is no need to make a spectacle or bore of yourself with respect to the confession of sins. Don't over-estimate your importance-- most people aren't that interested in you. So the question is one of pertinence, relevance. How can this be determined?

Many problems

defined are lessened by the definition. They are then seen as limitable and steps may be taken to resolve them. Most all of our problems as addicts began to go away whenever we are drug free. We in the program want to encourage this process and find ways to make it go faster with less danger of slips, etc. It is important to remember where we came from if we don't want to return.

The main criteria of this step is thought and concentration so we can review our dealings as they happen or soon after and examine our motives (whether they were honest or dishonest.) We must weigh the pros and cons of many given situations. Are we doing others as I would have done unto me? This statement pertains to both the negatives and the positives.

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Your sponsor need not see your Fourth Step. It is yours alone. You may approach it in any number of ways. It is advisable that before you do, you go over the first three steps with your sponsor. Be comfortable with your understanding of these steps. Allow yourself the privilege of feeling good about what you are doing. Don't allow yourself to be driven as you were driven for so long by drugs. Remember that one of our mottoes is "Easy Does It". We have been crashing around for a long time and it's gotten us nowhere. Now we're going to take it easy and not let things frighten us.

So, go over the first three steps and then, with pen and paper, begin your moral inventory. If the word moral bothers you, call it your positive/negative inventory, or your good/bad inventory. All you're trying to do is to find out which things about yourself you want to change. If you were a grocer, you would not hesitate to separate the rotten fruit from the good fruit in your store and throw the rotten fruit away. Well, there is rotten fruit lying side by side with good fruit in your heart and the N.A. program has this Fourth Step to help you see which is which.

I have to live to live. I use my own selfish needs I do what I want to get on. I know how that feels. I'm not saying self gratification is not O.K. It is.

This program is about what I do with my life after I am clean ~~again~~ thank God or else me would.

Write down your fears, your resentments, your guilts. Watch them shrink in the light of day. It has been said a hundred times over that evil loves the darkness because it can only grow where it is hidden in a climate of fear; but that evil hates the light because when it is seen in the light it loses all its power over us. So turn on the lights! Write it down. Who are you mad at? Who do you love? Balance the bad with the good. See who you are. Most of us have found that we were neither so terrible nor so wonderful as we supposed. Ultimately we are just human, with pretty much the same fears and longings and troubles and so on as everyone else. One of the greatest benefits of the N.A. program is discovering that we need never be alone again. Others have felt as we have felt. Others have failed where we have failed and they are there now in the strength of fellowship, ready and eager to help us.

This Fourth Step can be a wonderful adventure. But we must be as fearless and thorough as we can. It is not expected that we are going to do it perfectly right away. If we were perfect, we would not be human. The important thing is that we do our best. We use the tools available to us. Many people use the approach suggested in the Big Book of Alcoholics Anonymous or the Twelve Steps and Twelve Traditions written by A.A.'s co-founder, Bill W. Some of us supplement these with a Fourth Step guide such as that published by Hazelden. The important thing is to take the action--get started -- let it flow. If you possibly can, get off by yourself, away from the daily pressures to do this.

A resentment is a bad feeling that you have to live with until you figure out what to do with it. . . }

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Some people make the mistake of approaching the Fourth Step as if it were a confession of how horrible they are--what a bad person they have been. This is not the purpose of the Fourth Step. We are trying to free ourselves of living in old, useless patterns. We take the Fourth Step to gain the necessary strength and insight to enable us to grow in this new way of life. A binge of emotional sorrow over real and imagined wrongs will not help us. In fact, it could be quite harmful. We want to look at what we have done and neglected to do in our lives, but our purpose is to be rid of guilt--not to wallow in it! To be done with the past, not to cling to it. We want to look it in the face and see it for what it was--and then release it so that we can live in today. The past, for most of us, has been a ghost in the closet. We have been afraid to open that closet for fear of what that ghost may do to us. In the Fourth Step we learn, not only that that ghost is powerless to hurt us, but, on the contrary, properly approached, it will be one of our most valuable tools in building a clean and sober life: For with it, we will truly begin "clearing away the wreckage of the past."

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4 STEP WE MADE A SEARCHING (65)
4 FEARLESS MORAL INVENTORY OF OUR

4th step SELVES

A. Inventory

- 1) Resentments
- 2) Fear
- 3) Honesty

Negative habit
pattern, thoughts,
attitude negative
results.
Positive habit pattern

0082

Fourth Step-- Writing it down is admitting it to yourself. Harvey M

If you try to work the 4th step before you work the third you will run into a brick wall.

Not for things, not even for things to work out. In my old life I had a dream of reality but today I have a new dream which is reality.

In reality I don't need to know much I have to keep my needs and wants simple. I have to set aside my personal self to make room for God's will and many times just go along on faith. Things I could never understand if I lived unfold beautiful because I have learned to let it happen. Bo S.

Step Four is here to help us see exactly where our problems are and to measure our strengths and weaknesses. Most of us were surprised to

find that we had some good points in our moral inventory!

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that if one deals with one's self-anger, i.e., guilt, the occasion to be enragued with others is dramatically reduced.)

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STEP 4
0057

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(66)

as we realize how little of value ~~anymore~~ we have to lose and how much better off we will be without our defects ~~and~~ we will plunge into this step without reservation. As operating addicts we lived under a regime of fear. If we are to get a new life we will want it to be as free of unreasonable fear as possible. Defects of character are the things done repeatedly and out of habit that keep us from succeeding in our lives or our ~~new~~ relationships. I suppose the fear of the step is based on the fear that defects will be revealed that we don't want to get rid of or regard as part of our natural way of being and we'd just as soon be in the dark about them. This is a false comfort. If we are ~~thinking~~ or doing anything that keeps us in chains of course we'd be better off without it. Maybe the defects are so much a part of us ~~that~~ we can't see them or ~~we~~ hear them when others criticize us ~~so~~ we just pretend that they don't exist. Defects are not itgers as a rule. They are much more like worms that eat at our vitals when we're not ~~in~~ looking. When we wake up, we won't need any encouragement to get ~~rid~~ of them. A good way to start is to take a reading by listing all the people that ~~we~~ disagree with or resent. Then we list the subject of the disagreement or resentment and the thing at stake if the other guy is right. A lot of character defects are emotional scars resulting from ~~pe~~ problems that have ceased to exist. If we can detect a basic fear pattern then that might lead us see how ineffectual or inappropriate our defect is. Ask yourself: does this habit really offer me the security I want and is it worth the price that I have been paying? If not, change is in order. An effective inventory is usually written. It reveals the fact that our

Now then, in examining ourselves as honestly as possible and in discussing our past with another human being as honestly as possible--it is probably that we have discovered some things about ourselves that we don't like. Perhaps we call these things character defects, perhaps we call them shortcomings or moral blind spots. Whatever we call them, we recognize that they must change if we are to grow. * And we recognize that we ourselves cannot, of ourselves, change them.

I rated myself quite a bit when I was using this program. This program gives me a chance to know why (character defects) and work on them. This program opens my eyes to many areas of my life.

#4 How it works Step 4

If I don't do something about my (Problem) Disease I'm going to Die. I may not Die sane. But crazy with fear. Accept this & you'll do the steps.

Accept that I'm a member of a fellowship who knows what love is all about. I never have to use again if I don't want to.

Unconditional love to give without expecting anything in return. Like they did to me when I had nothing to give in return.

In the Fourth

ep we learn, not only that that ghost is powerless to hurt us, but, on the contrary, properly approached, it will be one of our most valuable tools in building a clean and sober life: For with it, we will truly begin "clearing away the wreckage of the past."

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wallow in it! To be done with the past, not to cling to it. We want to look it in the face and see it for what it was--and then release it so that we can live in today. The past, for most of us, has been a ghost in the closet. We have been afraid to open that closet for fear of what that ghost may do to us.

The important thing is to take the action--get started -- let it flow. If you possibly can, get off by yourself, away from the daily pressures to do this. If you belong to a religion, you have access to retreat houses where you can spend a day or a weekend in solitude. Even if you aren't a member, usually if you tell the priest or person in charge what you're trying to do, they will be glad to help you. If you prefer, get a quiet motel room for a day or two or go to a beach or a library--just get someplace quiet where the world will make a minimum of demands on you--and write it down.

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A lot of people have taken the 4th step & sit around thinking they haven't taken it

meditate on what the known defects are doing to your life & on what you

If the 4th step were meant to be complete there would be no need for the 10th step, says fearless & thought not complete. something out of myself isn't getting out of it. It's getting