

The Resentment	The Cause	Affects My	Character Defect	Nature of Wrong
People, institutions, or principles whom I resent	Why am I resentful?	Self-esteem, pride, emotional security, finances, ambitions, personal relationships, sexual relationships	Selfish, dishonest, self-seeking, in fear	What action or behavior of mine caused harm?
Sister	Fought a lot, didn't feel supported or loved	Self-esteem, pride, emotional security, personal relationships	Selfish, dishonest, self-seeking, in fear	Caused her worry with my using, lied about my using, never let her in emotionally, and only cared about my own desires
Courts and Jails	Treated me poorly, made me go to jail, was incarcerated unfairly	Self-esteem, pride, emotional security, finances, ambitions, personal relationships	Selfish, in fear	Broke the law and didn't want to pay the consequences. In fear of facing consequences of my behavior
Spouse	Left me, wasn't there when I needed help	Self-esteem, pride, emotional security, finances, sexual relationships	Selfish, dishonest, self-seeking	Lied to spouse about using, was completely selfish, caring only about my own needs and how I could fill them

Fourth Step Inventory Guide

Tobias Bleicker



Fourth Step Inventory Guide:

Fourth Step Inventory Guide Carl Anderson, Parkside Medical Services Corporation, 1987 **Step 4** Hazelden Educational Materials, Educational Materials Outreach, 1982 **Fourth Step Inventory** Ed Haych, 2023-10-28 The first thing to do before you start your written Fourth Step is to read pages 63 71 in the book Alcoholics Anonymous affectionately known as the Big Book by A A members Also read the chapter on the Fourth Step in the book Twelve Steps and Twelve Traditions Your fourth step inventory is not an exercise in beating yourself up Be thoroughly honest and fair with yourself The checklists included with this guide are merely suggestions You must decide for yourself how they fit with your own moral code Do not be limited by this list it s okay to add other items you feel are relevant for you **Guide to the Fourth Step Inventory for the Spouse** Hazelden Educational Materials, 1984-01-01 **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 **Understanding the Twelve Steps** Terence T. Gorski, 1991-04-15 An interpretation and guide to the 12 steps of Alcoholics Anonymous 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 How to Write a Fourth Step Ian Cage, 2015-11-10 How to Write a Fourth Step is a supplemental guide to the fourth step instructions found in the book Alcoholics Anonymous the Big Book It is designed for all people involved in any 12 step recovery program including newcomers others who may be unsatisfied with the quality of their recovery and any sponsor wishing to be helpful Step four itself is a key milestone in recovery while steps 5 8 9 10 and 12 additionally rely directly upon the successful completion of a fourth step inventory Although each personal inventory is unique the process concepts and templates are common to all This guidebook provides clear examples on how to write an efficient and complete fourth step inventory to help ensure quality sobriety and the clarity to then be helpful to others **The Mind-Body Guide to the Twelve Steps** Nina Pick, 2023-09-05 A trauma sensitive companion to the Twelve Steps body based exercises for deepening your recovery expanding your spiritual practice preventing relapse and understanding the root of your addiction For readers of In the Realm of Hungry Ghosts and Trauma and the 12 Steps Considering addiction through a trauma informed lens The Mind Body Guide to the Twelve Steps offers an accessible lyrical and practical guide to Twelve Step recovery that emphasizes self compassion relationship embodied awareness and ecological connection Whether you re suffering from an active addiction seeking freedom from self limiting behaviors or hoping to establish or grow your spiritual practice this innovative guide offers a holistic roadmap to navigating the journey of recovery Somatic and spiritual counselor educator and writer Nina Pick shows how addiction is rooted in survival strategies that protect us from overwhelmingly

painful experiences Pick draws on attachment theory polyvagal theory somatics mindfulness trauma therapy Jewish and integrative spirituality and her own long time experience in recovery to expand the Twelve Step practice beyond the conventional cognitive approach into one of soul recovery a profound and sensuously embodied spiritual path With reflections and practices designed to complement the literature and tools offered by your specific Twelve Step program The Mind Body Guide to the Twelve Steps shows you how to Explore powerlessness and unmanageability Integrate dance vocalization and other creative arts to enhance your recovery Create transformative ritual and ancestral healing practices Expand your ideas of Higher Power and prayer Forgive yourself and others Cultivate daily practices for reflection and meditation Understand the intersections of addiction developmental trauma and intergenerational trauma Drawing on plant medicine mindfulness poetry self directed touch ritual and guided imagery The Mind Body Guide to the Twelve Steps nurtures a joyful and heart centered path to recovery and complements the healing work of Peter Levine Bessel van der Kolk and Arielle Schwartz *A Woman's Guide to Recovery* Brenda Iliff,2009-06-03 The essential recovery guide for women new to sobriety written by the director of clinical services at Hazelden s new cutting edge treatment facility for women The essential recovery guide for women new to sobriety written by the director of clinical services at Hazelden s new cutting edge treatment facility for women Whether you are just embarking down the road of recovery or are well into the journey consider Brenda Iliff s *A Woman's Guide to Recovery* your companion and guide Brenda Iliff is a leading Hazelden clinician She developed this guide to help women handle issues and challenges that come with their new life of recovery How can you balance self care with family responsibilities What do you do about friends who aren t comfortable with your newfound sobriety How do you rebuild family relationships *A Woman's Guide to Recovery* offers real life insight into what it means and what it takes to sustain healthy lasting recovery **The NA Step Working Guides** Fellowship of Narcotics Anonymous,

A Gentle Path Through the Twelve Steps Patrick Carnes,2012-04-13 *A Gentle Path through the Twelve Steps* Updated and Expanded **A Skeptic's Guide to the 12 Steps** Phillip Z.,Z. Phillip,1990-10-01 How many of us have felt like Phillip Z He has a staunch belief in the Twelve Steps yet struggles with the concept of a Higher Power In *A Skeptic's Guide to the 12 Steps* the author investigates each of the Twelve Steps to gain a deeper understanding of a higher power He examines what may seem like unsettling concepts to us including surrendering one s will and life to God and he encourages us to understand the spiritual journey of recovery despite our skepticism *Codependent No More* Melody Beattie,2009-06-10 In a crisis it s easy to revert to old patterns Caring for your well being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships The healing touchstone of millions this modern classic by one of America s best loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life Is someone else s problem your problem If like so many others you ve lost sight of your own life in the drama of tending to someone else s you may be codependent and you may find yourself in this book *Codependent No More* The healing

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recovery from sexual compulsion It has been written edited and published entirely by members of Sexual Compulsives Anonymous SCA This 3rd edition is an expanded and updated version of SCA s previous recovery book It includes commentaries on the Twelve Steps and Twelve Traditions as adapted from the original principles of Alcoholics Anonymous as written by members of SCA They provide context for working the Twelve Steps and practical wisdom in the observance of the Twelve Traditions This version also contains new commentaries on The Characteristics Most of Us Seem to Have in Common an early work that SCA members developed in the 1980s The book begins with a Foreword written by Alexandra Katehakis Ph D who is a Clinical Sexologist and Founder of the Center for Healthy Sex She is the author of numerous books on sex addiction and intimacy issues This edition addresses the individual in recovery and then discusses how SCA members recover together in groups and the fellowship at large There are also chapters on sexual anorexia and pornography apps and internet addiction that SCA developed to address the fellowship s changing needs After extensive revisions many separately released SCA publications including Moving Through Withdrawal Avoiding Common Pitfalls Secret Shame etc have chapters in this edition Other chapters from the SCA A Program of Recovery 2nd edition were revised and updated before inclusion in this edition These sections address designing a sexual recovery plan sponsorship the telephone as a recovery tool compulsive masturbation abstinence and ways to avoid a slip The chapters on individual recovery conclude with SCA s version of The Promises of Alcoholics Anonymous The Gifts of Recovery The group recovery section has updated chapters on starting an SCA meeting what happens at SCA meetings and doing service in SCA Origins of SCA which are stories written by some of SCA s founders appear unchanged from the previous edition This book also contains twenty eight 28 stories of individual recovery written by various SCA members Keywords 12 Step Recovery Sex Addiction Sexual Compulsion Compulsive Masturbation Spirituality Anonymous Sex Romantic Obsession Sexual Sobriety Pornography Apps Webcams Recovery from Shame Withdrawal Sponsorship Abstinence Anorexia Low Self esteem *Woman's Way through the Twelve Steps Bundle* Stephanie Convington, 2024-11-12 This is a bundle of A Woman s Way through the Twelve Steps and A Woman s Way through the Twelve Steps Workbook **State and Local Mitigation Planning How-to Guides, August 2001** ,2003

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