

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

Anonymous



Fourth Step Inventory Guide:

Fourth Step Inventory Guide Carl Anderson, Parkside Medical Services Corporation, 1987 *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

Step 4 Hazelden Educational Materials, Educational Materials Outreach, 1982 **Understanding the Twelve Steps** Terence T. Gorski, 1991-04-15 An interpretation and guide to the 12 steps of Alcoholics Anonymous [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

[Guide to the Fourth Step Inventory for the Spouse](#) Hazelden Educational Materials, 1984-01-01 *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

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

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

A Sponsorship Guide for 12-Step Programs M. T.,2025-06-25 A Sponsorship Guide for 12 Step Programs offers the reader far ranging suggestions based on concrete experience for the most common issues and dilemmas that arise when one agrees to become a sponsor in any 12 step program Seventeen sponsors with collective recovery time of over 250 years share their experience and insights as they describe common situations sponsors face and relate the solutions they used This is the first book of its kind for sponsors by sponsors Divided into three main sections Sponsorship Basics Working the Steps with a Sponsee and Common issues that Come Up this book will be of use to anyone who has agreed to be a sponsor or anyone who does not have access to a sponsor A Sponsorship Guide is like having a sponsor in a book

A Womans 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

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 12-Step Guide to Recovery Pasquale De Marco, 2025-05-12 The 12 Step Guide to Recovery is a comprehensive and practical guide to overcoming addiction and achieving lasting sobriety Rooted in the principles of the 12 Step program this book provides a structured and supportive approach to recovery guiding individuals through the challenges and triumphs of the journey The book begins by exploring the nature of addiction and its impact on individuals families and communities It debunks common myths and misconceptions about addiction and offers a compassionate and understanding perspective on this complex disease The core of the book delves into the 12 Steps of recovery providing a detailed explanation of each step and its significance Readers will learn how to admit their powerlessness over addiction surrender their will to a higher power and take a fearless moral inventory of their lives Recovery is not a linear journey and the book acknowledges the challenges and setbacks that individuals may face along the way It provides strategies for coping with triggers managing stress and avoiding relapse It also emphasizes the importance of building a strong support system both within the 12 Step community and beyond The book goes beyond the 12 Steps to explore other essential aspects of recovery such as spirituality forgiveness and service It encourages readers to find meaning and purpose in their lives to forgive themselves and others and to give back to their communities The 12 Step Guide to Recovery is written in a warm and compassionate tone offering hope and encouragement to those seeking a path to sobriety It is a comprehensive resource that can help individuals understand addiction work through the steps build a strong support system and ultimately achieve lasting recovery Whether you are new to the 12 Step program or have been on the recovery journey for some time this book offers valuable insights and support If you like this book write a review on google books

Simple But Not Easy Paul H. & Scott N. , 2013-10 From Simple But Not Easy For over seventy years the Big Book of Alcoholics Anonymous has offered alcoholics a solution to their chronic progressive and fatal illness This solution cannot be found in fighting or quitting or any other human effort Many people abstain from alcohol for months even years by going to meetings reciting the steps and exchanging complaints about their lives with other abstinent people For these people not drinking is their only goal But abstinence is only the beginning of recovery It is the Program of Action particularly Steps 4 through 9 that brings about a spiritual awakening and recovery This small book offers newcomers sponsors and even long time members of the AA Fellowship a new tool to identify and understand the basic principles of the Big Book Once that understanding turns to action taking the 12 Steps a spiritual awakening and true recovery can be achieved by anyone

Yogic Tools for Recovery Kyczy Hawk, 2017-11-14 Experience the benefits of recovery through the practice of yoga Recovery from active addiction is a lifelong journey that can take many paths By aligning yoga philosophy and poses with each of the Twelve Steps Kyczy Hawk presents a physical and spiritual guide that complements and augments any twelve

step practice Highlighting her own yogic journey through the steps Hawk provides an enlightened way of thinking that allows readers to investigate how they think feel and believe by using a new vocabulary to process traditional recovery principles Current findings increasingly support yoga and mindfulness as promising complementary therapies for addictive behaviors Complementary Therapies in Medicine 2013 Provides clear and concise instructions requiring no prior knowledge and enabling people to experience the benefits of this ancient practice in the comfort and privacy of their own home Key yoga terms are explained clearly and all poses are accompanied by illustrations Consistent practice will lead to a more positive outlook on life and help eliminate harmful attitudes and behaviors It can also create a balanced lifestyle bringing greater harmony stability and enjoyment Anyone can benefit from yoga regardless of ability age belief system or life circumstance Kyczy Hawk is a certified yoga instructor She lectures on yoga and recovery throughout the Bay Area and has been a presenter at the Art of Yoga Project and Niroga Institute s Yoga Therapy teacher training As the Success Over Addiction and Relapse SOAR yoga teacher specialty training founder she has taught yoga instruction workshops throughout the United States She hosts a weekly yoga recovery meeting on In The Rooms and manages the Willow Glen Yoga Studio in San Jose CA

Celebrate Recovery Leader's Guide, Revised and Updated John Baker, 2025-07-01 A recovery program based on 8 principles from the Beatitudes In this revised and newly updated handbook for leaders there is a way the church can help the wounded move beyond their hurts hang ups and habits to experience the forgiveness of Christ Celebrate Recovery helps the church fulfill its role as Christ s healing agent You don t have to lead alone To lead people forward in spiritual physical and emotional restoration is to walk in the footsteps of Christ And that s why the Celebrate Recovery Leader s Guide is so important With everything you need to encourage lasting life change the newly updated handbook is the best way to facilitate Celebrate Recovery in your church and help people look forward to a whole new future The Celebrate Recovery Leader s Guide includes A Celebrate Recovery start up strategy A clear easy to follow format Step by step instructions for each meeting Guide for conducting leader training Teaching notes for the twenty five lessons of The Journey Begins Participant s Guide volumes 1 4 Overview of the twenty five lessons of The Journey Continues Participant s Guide volumes 5 8 Updated NIV Bible References Along with a willing heart this handbook is invaluable for leading men and women forward in complete restoration and transformation through Christ

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 From the Crucible ,

A Sober Mom's Guide to Recovery Rosemary O'Connor, 2015-09-08 Rosemary O Connor brings her many years of experience working with women in recovery to addressing the key life issues mothers face at all stages of their recovery path

Rosemary O Connor brings her many years of experience working with women in recovery to addressing the key life issues mothers face at all stages of their recovery path Recovering from an addiction is tough enough but when you throw in the tremendous responsibilities of motherhood resisting cravings and remaining abstinent much less enjoying the rewards of sobriety can seem like an impossible challenge Rosemary O Connor brings her many years of experience working with women in recovery to addressing the key life issues mothers face at all stages of their recovery path At once affirming engaging and practical A Sober Mom s Guide to Recovery combines down to earth advice with the inspiring stories of recovering moms including the author s to offer guidance on over fifty vital topics including stress relapse relationships sex and intimacy spirituality shame gratitude dating and of course parenting The result is an inspirational and practical handbook not just for getting through the day but for building a sense of well being that radiates outward allowing you to be present with your kids and loved ones and find hope for the future

God Grant Me Anonymous,2009-06-03 Speaking thoughtfully to those recovering from substance abuse and addiction God Grant Me offers a daily dose of strength and wisdom with each of its meditations The journey of recovery is inspired by insight prayer and continuous renewal After years of reflection on the themes they presented in their first collection of readings with this follow up the authors of the bestselling meditation book Keep It Simple build upon incorporating Twelve Step practices into their daily lives These readings present the recovery wisdom of Alcoholics Anonymous Narcotics Anonymous and other Twelve Step programs supporting readers in the process of developing a regular therapeutic practice of mindfulness community and inspiration Overcoming addiction requires connecting with the things that define a life of health and wellness introspection spirituality daily support and fellowship God Grant Me is a dependable companion that gives guidance and inspiration for new beginnings and a sustained sober life

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