

FOURTH STEP INVENTORY

Introduction to the 4th Step Inventory Workshop

WHAT IS THE PURPOSE OF THE 12 STEPS?

1. To help us discover and establish a conscious relationship with a Power greater than ourselves.
2. To help us improve our conscious relationship with a Power greater than ourselves.
3. To produce the personality change necessary for our recovery.
4. To provide a design for living - that can help us be happy, comfortable, and at ease, living an enjoyable life of purpose, with peace and harmony with ourselves, with others, and with God as we understand Him, growing in understanding and effectiveness, serving and helping others - without the use of alcohol or other drugs.

The precise instructions for taking the 12 Steps is contained in the book, *Alcoholics Anonymous*.

"To show other alcoholics precisely how we have recovered is the main purpose of this book."

-- From the Forward to the First Edition of the book, Alcoholics Anonymous

There is much more to life than being physically sober. There is much more to sobriety than having the obsession for alcohol removed. Sober isn't much fun - unless we can learn to be happy and sober. To be happy and sober requires emotional sobriety. The Fourth Step is our first action step towards physical and emotional sobriety.

We are in a process to recreate our lives. We made a decision to give up *our old plans for living* and to try A.A.'s 12 Step Plan for Living. The Fourth Step is our first action step. It is here that we know whether or not we really took Steps 1, 2 and 3.

Step Four is a fact-finding and fact-facing process. We are searching for "causes and conditions." We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns - that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact. This prepares us to live a life of purpose - where we can be in maximum fit condition to be of service to others. And, by taking inventory and learning the exact nature of our wrongs - we will be able to recognize when we might be slipping into our old way of life - and headed for new problems, and possibly relapse.

If you doubt that you have any problems -- just think back to the last time that you felt restless, irritable and discontented. Remember when you got angry - with your self or with another person. Remember the last time you were disturbed. Remember the last time you had a problem or troubles. The last time you felt uncomfortable and not at ease in a situation. What was it? Whom was it with? What happened?

Everything contained in the Fourth Step Inventory Worksheets is directly from the book - *Alcoholics Anonymous*. The worksheets were created by using the precise instructions in the Big Book to make taking the Fourth Step as easy and simple as possible. All page numbers in this Fourth Step Inventory Workshop, refer to the third edition of the book - *Alcoholics Anonymous*. If you are using the fourth edition -- make sure you are on the correct page.

Hazelden Step 4 Guide

**Marc Galanter, Herbert D.
Kleber, Kathleen T. Brady**



Hazelden Step 4 Guide:

Step 4 Hazelden Educational Materials, Educational Materials Outreach, 1982 Alcoholism and Other Drug Problems James E. Royce, 1996 **The Spectrum of Addiction** Laura J. Veach, Regina R. Moro, 2017-10-20 This book presents a comprehensive overview of addictive behaviors and habits from early use through risky use severe risk use and addiction

Understanding the Twelve Steps Terence T. Gorski, 1991-04-15 An interpretation and guide to the 12 steps of Acoholics Anonymous *Subject Guide to Books in Print* , 2001 **Tree of Renewed Life** Mary Theresa Webb, Terry Webb, 1992 Although many churches act as sponsors of 12 Step meetings there is usually little direct connection to the life and spiritual development of the church This hope filled book chronicles the history and development of the recovery movement and encourages those involved to move 12 Step meetings from the basement of the church to the sanctuary **Subject Guide to Children's Books in Print 1997** Bowker Editorial Staff, R R Bowker Publishing, 1996-09 **Medical and Health Care Books and Serials in Print** , 1997 **Learning the Language of Addiction Counseling** Geri Miller, 2010-12-17 Comprehensive and current Learning the Language of Addiction Counseling Third Edition introduces students to the field of addiction counseling and helps them develop the knowledge understanding and skills needed to counsel people who are caught in the destructive cycle of addiction Drawing from her years of experience working in the addiction counseling field Geri Miller provides a balanced overview of the major theoretical underpinnings and clinical practices in the field covering all of the essentials from assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional Fully revised and expanded the Third Edition offers a positive practice oriented counseling framework and features Revised chapters reflecting important changes in the field New chapters on Spirituality and Addiction Counseling and Pain and Substance Abuse New case studies interactive exercises and suggested reading and resources at the end of each chapter Personal Reflections sections in each chapter illustrating the author s evolving views of addiction counseling New online Instructor s Manual containing PowerPoint slides test bank questions and syllabi **Paperbound Books in Print** , 1992 **Words on Cassette** , 1997 The American Psychiatric Publishing Textbook of Substance Abuse Treatment Marc Galanter, Herbert D. Kleber, Kathleen T. Brady, 2015-04-01 No other text available today offers what The American Psychiatric Publishing Textbook of Substance Abuse Treatment can completely updated treatment information on a broad range of substance use disorders that is consistent with the new DSM 5 classification and thus reflective of how psychiatry is practiced today Designed for researchers and mental health professionals ranging from trainee to licensed practitioner the book is also appropriate for a diverse array of rehabilitation settings from inpatient to community based treatment Full coverage is provided on 12 step programs as well including the latest outcomes research Much of the material is new to this edition A chapter has been added on science in the treatment of substance abuse in which the authors discuss the history of scientific intervention in substance abuse and explore what happens to the brain when addicting drugs are consumed review

animal models and imaging techniques and discuss current progress in the science of addiction Chapters have been added on screening and brief intervention reflecting the development of brief screening tools and research on the efficacy of interventions and the role of recovery in chronic care disease management specifically what the treatment models for alcohol dependence and for diabetes can effectively borrow from each other A new chapter focuses on the treatment of alcohol intoxication and withdrawal the first steps in treatment of alcohol use disorder Two chapters on marijuana one on the neurobiology and one addressing treatment have been added Given the accelerating trend toward decriminalization and legalization of this substance clinicians will find this information of increasing importance The section on substance use issues among gay men and lesbians has been expanded to include bisexual and transgender people in recognition of increased diversity among the population Well structured with topics that follow logically and many practical treatment oriented features such as quick reference tables and lists of recommended readings The American Psychiatric Publishing Textbook of Substance Abuse Treatment is a classic that will enhance the education and practice of clinicians *Medical Books and Serials in Print* ,1984

A Young Person's Guide to the Twelve Steps Stephen Roos,1992 Introduces twelve step programs designed to help people recover from substance abuse and other addictive behavior using alcoholism as an example

Substance Use Disorders H. Thomas Milhorn,2017-10-17 This practical and timely book provides comprehensive state of the art guidance on how primary care clinicians can best care for patients with substance use disorders The book covers the major drugs of abuse as well as the more recent ones detailing the biology of various addictions and all dimensions of clinical diagnosis and management It is organized in four parts 1 The Basics 2 Psychoactive Substance Dependencies 3 Diagnosis Treatment Recovery Relapse and the Family and 4 Special Groups Part I The Basics consists of an overview the various definitions of substance dependence and the pharmacology of addictive substances Chapter 1 Overview is an introductory chapter that covers material common to the entire field of substance dependence Chapter 2 covers the various definitions of substance dependence and Chapter 3 reviews the pharmacology of addictive substances Part II Psychoactive Substance Dependencies explains the various drug dependencies alcohol dependence sedative hypnotic dependence opioid dependence stimulant dependence nicotine dependence cannabis dependence dissociative dependence inhalant dependence hallucinogen dependence and anabolic steroid dependence Part III addresses diagnosis treatment recovery relapse and the family Part IV Special Groups discusses substance dependence in women adolescents the elderly ethnic minority groups co occurring disorders LGBT patients HIV positive patients and the impaired physician In addition to primary care physicians Substance Use Disorders A Guide for the Primary Care Provider will serve as an invaluable resource to primary care nurse practitioners and physician assistants as well as medical students primary care residents emergency medicine physicians ASAM and APA certified addictionists and those studying for certification in those specialties psychiatrists psychologists and alcohol drug counselors

Alcohol Problems and Alcoholism James E.

Royce,1989 Balanced account of causes prevention and treatment of alcoholism **Addictions** Deirdre Boyd,1998 The Element Guides series addresses our most common psychological and emotional issues in a clear authoritative and straightforward manner Each book written by a professional therapist explores the psychological background possible causes and symptoms and presents a comprehensive approach to dealing with the situation These guides are objective accessible and provide the reader with a full range of information and resources Whether it s drugs alcohol food gambling or exercise addiction is a major problem especially for children and teenagers Recent figures suggest that nearly two million young people take drugs recreationally at least once a week This positive and informative book offers the latest facts on causes and treatment of addiction advice on self help and a special focus on children and addiction **Write As If You Know The Zip Code to Their Heart** Nancy L. Hale M.Ed LMHC,2022-11-03 This workbook is a combination of the wisdom I have gained through my twenty five plus years as a psychotherapist and my prayer life It is eclectic in that it is a mix of several techniques and ways to improve your ability to journal for healing Past trauma can be compared to having a sliver deeply embedded into your hand The sliver is there and it hurts when you touch it If you ignore it long enough it will become infected and inflamed It interferes with your normal functioning In order to heal you need to remove the sliver The same idea goes for a past trauma or injury If you do not release the pain and poison of that past event your whole well being is affected If you do not get it out it will fester and affect everything and poison your relationships with others and God If ignored your spirit becomes tarnished and you cannot be filled with love I was inspired to write this workbook while I was sitting with a client in crisis and praying for her Most of my writing is spirit driven I do hope that you will use this workbook as a tool for healing and that you allow yourself as much time as you need Write and rewrite as many times as you need in order to heal In between your writing play and pray Find a balance Allow yourself the needed time to process and identify your feelings It is my prayer that through your hard work using this book you will find inner peace and health God bless you in your journey

Clinical Management of Sex Addiction Patrick J. Carnes,Kenneth M. Adams,2019-11-28 Clinical Management of Sex Addiction s newest edition updates many of the original chapters from 28 leaders in the field with new findings and treatment methods in the field of sex addiction With a growing awareness of sex addiction as a problem plus the advent of cybersex compulsion professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation This is the first book distilling the experience of the leaders in this emerging field It additionally provides new chapters on emerging areas of interest including partner counseling trauma and sexual addiction and adolescent sex addiction With a focus on special populations the book creates a current and coherent reference for the therapist who faces quickly escalating new constellations of addictive sexual behavior Readable concise and filled with useful interventions it is a key text for professionals new to the field and a classic reference for all clinicians who treat sex addiction **Research on Alcoholics Anonymous and Spirituality in Addiction Recovery** Marc Galanter, Lee Anne Kaskutas,2008-12-05 It was once taken for

granted that peer assisted groups such as Alcoholics Anonymous had no real value in recovery from addiction More recently evidence based medicine is recognizing a spiritual component in healing especially when it comes to addiction The newest edition of Recent Developments in Alcoholism reflects this change by focusing on the 12 step model of recovery as well as mindfulness meditation and other spiritually oriented activity More than thirty contributors bring together historical background research findings and clinical wisdom to analyze the compatibility of professional treatment and nonprofessional support day to day concepts of relapse prevention the value of community building in recovery and much more Among the topics covered 1 How and why 12 step groups work 2 The impact of the spiritual on mainstream treatment 3 The impact of AA on other nonprofessional recovery programs 4 AA outcomes for special populations 5 Facilitating involvement in 12 step programs 6 Methods for measuring religiousness and spirituality in alcohol research Whether one is referring clients to 12 step programs or seeking to better understand the process this is a unique resource for clinicians and social workers Developmental psychologists too will find Volume 18 Research on Alcoholics Anonymous and Spirituality in Addiction Recovery a worthy successor to the series

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