



Working Step Four in Narcotics Anonymous

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This is a model of what a thorough Fourth Step inventory might be. While we strive toward thoroughness, we may find, especially in our first attempt, that we are not able to answer all of these questions. In fact, many of us feel overwhelmed, but we do not let this deter us from being as thorough as we can possibly be.

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"We made a searching and fearless moral inventory of ourselves."

This guide is intended to be used as an aid to writing a Fourth Step inventory. It is extremely important that we work with an NA sponsor. If you don't have one yet, this is a good time to find one who can help guide you through these steps. After reading through this guide on your own, we suggest you read it again with your sponsor before beginning the Fourth Step. It is also very helpful to use other NA literature and step meetings to gain more information about the Fourth Step. There are many methods of writing inventories, and no one way is right for everyone. This guide represents the experiences, strengths, and hopes of many addicts who have found recovery in Narcotics Anonymous. Regardless of the method, our Fourth Step will be successful if we are searching and fearless.

Searching and fearless

Step Four calls on us to be searching and fearless. We are asked to look carefully at ourselves and to get beneath the self-deceptions we have used up to now to hide the truth from ourselves. We search within, as if entering a dark house with a single candle to guide us. We move ahead, despite our fear or resistance to the unknown. We need to be willing to illuminate every corner of every room of our minds as if our lives depend on it, because they do.

What we are searching for here is a complete and total picture of ourselves. We have found that this requires honesty—honesty to examine our behaviors, feelings, thoughts, and motives, regardless of how unimportant they may appear. Our self-honesty is most important since it will lead us to discover how our disease has affected our lives. We have operated with a distorted self-image, never fully looking at the whole picture all at once. Now, possibly for the first time in our lives, we will begin to see ourselves as we really are, rather than as we imagined or fantasized. The more accurate and complete this picture is, the more freedom we will gain.

At this point we need to emphasize that being thorough is not the same as being perfect. There aren't any *perfect* Fourth Steps. We do the best we can to be as thorough as possible. With diligence and perseverance, we write as honestly as we can. Expecting perfection from ourselves can sometimes be a way of putting off writing our Fourth Step. We may also have heard people say "If you don't do a thorough inventory, you'll use again." But here we have to go back to our Third Step and trust God without any reservations. If we focus on our fear that our inventory won't be good enough, or worry about what our sponsor will say when we share it, we may never get going. This won't be the last inventory we write. It's not necessary to write a best-selling novel; it's only necessary to make an honest beginning and be as thorough as we can be. One of the things we learned in the Third Step was to trust God. Now we can be fearless

Na 4th Step Working Guide

J Spring



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