

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

Ian Cage



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 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

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 *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 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

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

A Woman's Way Through the Twelve Steps Stephanie S. Covington,2024-01-23 Geared specifically to women and gender expansive people this guide to the Twelve Steps considers the psychological development of women as it relates to addiction and recovery as well as the social and cultural factors that affect women

Therapist's Guide to Substance Abuse Intervention Sharon L. Johnson,2003-04-28 Author of AP s bestselling *Therapist s Guide to Clinical Intervention* now turns her attention to substance abuse intervention The book will follow a similar format to her previous book presenting information in easy to read outline form with relevant forms patient questionnaires checklists business documents etc Part I discusses the social impact of substance abuse and provides a general overview of the physiological and psychological characteristics of abuse DSM IV definition of abuse and

classifications of the varying types of drugs Part II is the main section of the book and covers assessment different stages of abuse recovery and treatment choices Coverage includes the discussion of myriad self help choices e g AA group therapy brief therapy and more Discussion will also include making a determination of treatment as inpatient or outpatient and issues relevant to special populations teenagers geriatrics comorbidity patients etc Part III presents skill building resources Part IV covers prevention quality assurance and also includes a glossary Outlines treatment goals and objectives Outlines for assessing special circumstances Offers skill building resources to supplement treatment

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 Gentle Path Through the Twelve Steps Patrick Carnes,2012-04-13 A Gentle Path through the Twelve Steps Updated and Expanded *Living In Balance Supplemental Session 14 The Twelve Steps - Item 2242* , Spirituality and Chemical Dependency Robert J. Kus,1995 Spirituality and Chemical Dependency shares current thinking on how spirituality is used in recovery from alcoholism and other forms of chemical dependency The 12 Step programs have been the most successful form of treatment thus far you will find the insight in this book to be revealing as to why Each of the contributors has devoted a significant part of his or her life to help those suffering from chemical addiction In each chapter the author gives ideas on specific aspects of spirituality in the 12 Step context and answers the ever important question So what to provide guidelines for healthy spirituality in the addicted person

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 Chemical Dependency Counseling Robert R. Perkinson,2021-09-22 Written for students and professionals alike Chemical Dependency Counseling guides the addictions counselor step by step to deliver effective treatment and meet the highest standards demanded by accrediting bodies

A Woman's Way through the Twelve Steps Stephanie Convington,2024-01-23 This guide to the Twelve Steps from Dr Stephanie S Covington a pioneer in the field of women s issues addiction and recovery preserves the spirit of the Alcoholics Anonymous program with a focus on healing language with women s needs in mind Published in 1994 A Woman s Way through the Twelve Steps has long been a unique resource that helps women find their own paths in recovery paths shaped by the way women experience not only addiction and recovery but also relationships self sexuality spirituality and everyday life Now stories from five new voices expand the perspective of this recovery classic Over the past thirty years

what it means to identify as a woman in recovery has broadened to include transgender nonbinary and other gender diverse people This new edition includes updated inclusive language to be more trauma sensitive and welcoming to all women This compilation of diverse voices and wisdom from real people illuminates how women understand the Twelve Steps of Alcoholics Anonymous AA and offers inspiring stories of how they travel through the Steps and discover what works for them The book can be used alone or as a companion to AA s Twelve Steps and Twelve Traditions By identifying and addressing the special issues that recovery presents for women this book empowers women to take ownership of their own journeys and to grow and flourish in recovery

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