

Step Four

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We made a searching and fearless moral inventory of ourselves.

The purpose of the Fourth Step is to find out who we really are. As we prepare for this step, our fear must be put aside. Instead, we turn to the loving, personal God that we have found. A written inventory will help us to unlock parts of our subconscious that deny our true nature. Honest self assessment is one of the keys to our new way of life, and most of us find that we are neither as terrible nor as wonderful as we once thought.

Step Four is not a confession of how horrible we are or what a bad person we have been, rather we gain strength and insight. Steps One, Two, and Three are the necessary preparation before taking this step. We put our inventory on paper so that we can see it for what it really is and release it. Writing honestly and thoroughly may seem impossible but we turn to our Higher Power for the strength to be fearless and thorough. We write about our defects, assets, relationships and past and present history. The way to write an inventory is to simply write it. Thinking or talking about it will not get it written.

At times this may seem difficult or painful but we come to realize how much we have to gain, and the pain of doing it is less than the pain of not doing it. Pain can be a motivating factor in recovery.

When issues surface, we write about them. The inventory process releases the stress trapped inside of us. We ask for God's help to reveal the things that cause us pain and suffering. We are not perfect, we are human, but we develop an ability to survive our emotions using the tools in recovery. We want to continue this journey by taking an equally thorough Fifth Step.