

How to Write a Fourth Step is an excellent 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 wanting to improve the quality of their recovery, and any sponsor wishing to be helpful. This guide explains, with examples, how to write a thorough and clear resentment inventory, fear inventory, and sex inventory. Not just worksheets, but the actual work described in the AA big book. 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. AA, RECOVERY, SUBSTANCE ABUSE, SPIRITUALITY, ALCOHOLISM, TWELVE-STEP PROGRAMS, DRUG DEPENDENCY.

The Mathematics of Insurance: The Complete Solution Guides (Everyday Living Series), Mister Porkpies Corny Joke Book for Kids #1, The Ten Commandments: Ten Sermons for Everyday People, Makes You SMILE, According to Promise: Or, the Lords Method of Dealing with His Chosen People,

9 May - 12 min - Uploaded by Pamela Pratt An easy 4th Step form that really works in less than ten minutes. This is good for everyone.

2 Jun - 3 min - Uploaded by FMSProductions This DVD is a demonstration of how to do a 4th step inventory in AA, Al-Anon, or any 12 step. was a vital and crucial step, it could have little PERMANENT effect unless AT This is a guide and format which permits the writing of A.A.'s Fourth Step in the. This is very important. If you write this step as truthfully as possible, there will be portions of it that won't be very pretty. If you pretty them up, you will be robbing. Although the fourth step inventory is absolutely something you must do for . The anticipation is often worse than the act of writing down the.

This personal inventory guide will assist you in completing your Fourth Step, as instructed in the book of Alcoholics Anonymous. This is a read and write guide. The same can be said for Step 4 - making a searching and fearless moral inventory. its Blueprint for Progress: Al-Anon's Fourth Step Inventory workbook One hour a day is not that much time and write out the answers and.

If you didn't know it, Al-Anon's book Paths to Recovery is an excellent resource for at least 7 other ways to do a 4th Step. Let's take a look. 1.

In the 12 steps of the Addiction Recovery Program, step 4 focuses on truth. Four elements are critical to a successful moral inventoryâ€”writing, honesty, As you complete the fourth step, remember that perfectionismâ€”trying to do your.

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