

ASHLEY HASEOTES

In my opinion this is the most powerful step thus far because we here we own our part in every relationship and stored emotion causing us grief and heartache. In this step I found tremendous freedom in seeing how my expectations of others were the beginning of my own suffering!

Step 4

“Made a searching and fearless moral inventory of ourselves”

Our handout for Step 4 is going to be a little bit different than the other handouts. Here you will find your instructions for this step. They are multi-step and detailed. Because of that we figured it would be simpler to instruct you how to do each part of step 4. A thorough explanation and discussion is in the video. If you have not watched Step 4 video, do that first.

Part 1 Instructions:

1. Say the 3rd step prayer, ask Power greater than yourself to guide your thoughts in pen. Or simply focus on your breathe for a few minutes in order to quiet down your mind and allow your true inner voice to come forward.
2. On separate piece of paper outside of your journal, make a list of people, institutions, and principles (numbering each 1.,2.,3., etc.) with whom you are angry. Starting at childhood then moving to present day. If names start flooding from your pen in no particular order, just go with it, it's your HP helping you!
3. When you are done writing this list or at the end of your writing session, say the 3rd step prayer.

Example: 1. Sue S.
2. John M.
3. Sam S.

Part 2 Instructions:

1. Say the 3rd step prayer, ask Power greater than yourself to guide your thoughts in pen.
2. In your journal or a spiral notebook open to a fresh page. Write the first person on your lists name on the top line to the left.

3. Ask yourself why you are angry? What did this person do to wrong you? Answer in 12 words or less. There may be multiple times where we feel we were wronged. We number these as separate resentments sticking to the 12 words or less rule. Do 2 resentments a page. One resentment at the top then and the next half way down under the same person. You can carry over to the backside of the page or more if need be.

4. Do this for all of the names on your list.

5. At the end of your writing session say the 3rd step prayer.

Part 3 Instructions:

1. Say 3rd step prayer, ask Power greater than yourself to guide your thoughts in pen.

2. In the left-hand margin under the first resentment write what was affected by this resentment. Choose from the affects below (as many as apply each resentment):

PRIDE PERSONAL RELATIONS
SELF-ESTEEM SEX RELATIONS
AMBITIONS POCKETBOOK
SECURITY

3. Do this for all of the resentments

4. At the end of your writing session say the 3rd step prayer.

Part 4 Instructions:

1. Say the 3rd step prayer, ask Power greater than yourself to guide your thoughts in pen.

2. We take each resentment and turn it around. Looking only at our behavior and disregarding the other person completely.

We ask ourselves the following questions:

-Where had we been selfish?

-What did I want?

-What did I expect?

-Where was I dishonest?

-What is the lie I am telling myself?

-Failing to face the fact that I...

-Where was I self-seeking?

-What did I do or not do to get my own way?

-Did I stuff the emotion?

-What fears did this resentment stir up in me?

We have learned that when one of these questions can be answered, there must be answers to all of them. If we fail to recognize one, the answer may be simpler than we realize.

3. Repeat for each person on your list

4. Once finished say the 3rd step prayer. Thanking the Universe for guidance.

<https://youtu.be/TF9uVYeNR48>