

Arizona Step Study Step Four Assignments

Made a searching and fearless moral inventory of ourselves.

We'll assign each of you a sponsor this week. Contact that person if she is available with questions or comments or shares that need to be addressed outside of the Step Study.

****Don't go there alone: work closely with your assigned sponsor ****

Do all of these assignments in Week One if you can:

- Define all the words in Step Four.
- Read all the literature you have on Step Four, including the Step Four booklet.
- Answer questions in COSA's Step Four booklet.

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Step Four is “where the rubber meets the road.” It can be difficult, and it can be overwhelming. Be sure to do plenty of self-care when you're on Step Four, and reach out the sponsors and each other OFTEN while you're working on this.

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There are worksheets available online for your use. Use whatever format works for you! You can find them by searching for “Resentment Inventory,” “Fear Inventory” and Sex Inventory.”

Week Two: List the people, places, things, or situations that you resent. Then describe why you resent each of these persons, places, things, or situations. If you find you only have a few names on the list, try to dig a little deeper. Consider including people/places/things/situations who might be able to make you uncomfortable. If you have pages and pages of resentments, try focusing on the big ones. You want to be thorough, but not overwhelmed!

Week Three: Identify which part of you or your life is affected by this resentment, and what your part was. If you don't know what your part was, call a sponsor!

Week Four: Create a list of assets. You can always ask a friend to help you if you get stuck.

Week Five: Begin a Fear Inventory. Use one of the available worksheets, or create your own.

Week Six: Begin a Sex Inventory: Use a worksheet, or create your own. The “What did I do?” in sex inventory goes beyond sexual conduct to encompass all harm done to those with whom you have had sexual conduct. Be careful to work with a sponsor to focus on harms you have done. Some COSAs take responsibility where they have none.

Week Seven and beyond: We’ll see how you’re doing at this point. Remember (this is important!) that this will hopefully not be your final Fourth Step so be honest and do the best you can, but don’t stress that you’re not perfect, or agonize over what you may have forgotten.

When you share on your Step work, you may want to address one or more of these questions:

What self-care is working for you as you work Step Four?

What is inhibiting you from reaching out? How can you overcome that?

What fears do you have about Step Four?

How are you managing to stay faithful to taking the time to put pen to paper?

Some tools to remember when working Step Four:

Reach out often. You may need to share part of your writing before you have the opportunity to share all with your COSA group. Call a sponsor!

Many people write “God, please guide my pen” or “Higher Power, please guide my pen” at the top of each page while working on Step Four. It is a reminder that your Higher Power is with you through this.

You might want to limit your Step work to one hour intervals. It’s hard work. Don’t overdo.

Identify faulty core beliefs associated with fears when you write about “Why am I afraid?” You may have some beliefs that lead you to have certain fears.

One more time, this is not the last Step Four you’ll do. It does not have to be “perfect.”

Good luck!