

# Step 4 Workbook v2: Searching and Fearless Moral Inventory

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Step 4: Made a searching and fearless moral inventory of ourselves.

This is the step of truth. We face our patterns—resentment, fear, selfishness, shame—not to punish ourselves, but to heal. This inventory is not about blame. It's about seeing the truth, taking responsibility, and preparing for freedom.

## Reflection Questions

1. Who are you angry with, and what old pain is underneath the anger?
2. What fears drive your actions—especially fears you don't usually admit?
3. How have dishonesty, pride, or self-pity shaped your behaviour?
4. What relationships (past or present) have you damaged—and how?
5. What patterns do you see in your resentments?
6. Where have you acted out of selfishness or control, even with good intentions?
7. What memories bring you shame—and how do you usually cope with them?
8. How have you harmed others with your words, silence, or manipulation?
9. What lies have you told yourself about your past or your pain?
10. Where do you still play the victim—and how is that keeping you stuck?
11. What emotions are hardest for you to feel or express?
12. What truths are you finally ready to face without judgment?

## Quotes from AA Literature

### Big Book (4th Edition)

*"Resentment is the "number one" offender. It destroys more alcoholics than anything else." — Big Book, p. 64*

*"We went back through our lives. Nothing counted but thoroughness and honesty." — Big Book, p. 65*

*"We searched out the flaws in our make-up which caused our failure." — Big Book, p. 64*

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### Twelve Steps and Twelve Traditions

*"Creation gave us instincts for a purpose. Without them, we wouldn't be complete human beings." — 12 & 12, Step 4*

*"Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been." — 12 & 12, Step 4*

*"The sponsor points out that the newcomer has some assets too, and helps him to view his defects with balance." — 12 & 12, Step 4*

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### Plain Language Big Book

*"This Step is where we begin to get honest with ourselves." — Plain Language Big Book*

*"You can't fix a problem if you're not willing to see it clearly." — Plain Language Big Book*

*"The truth might feel painful—but it also sets you free." — Plain Language Big Book*

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## **Affirmations**

Write affirmations that encourage honesty, courage, and self-compassion as you take your inventory.

*Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'*

## **Prayer Reflections**

Write a prayer asking for the strength to see yourself clearly and the courage to be gentle with what you find.