

I'm not a robot

































Edited on June 1, 2022 These are the original Fourth Step Guides and Work sheets used in the Dallas B., AA Big Book Study, the 4th Step Workshops, and the 12 Step Study Workshops. If you get these 4th Step Worksheets and Guides else — they are likely not the originals and may have been changed or altered. These Guides and Worksheets have been used by thousands of AA's, NA's, Al-Anon's, OA Overeater's, CA's, GA's and other 12 Step Recovery Program Members that use the 12 Steps as instructed in the book, Alcoholics Anonymous. Get the most out of these A.A. 4th Step Work sheet by taking time to read the INSTRUCTIONS that go with them. Included as a download file, below. There is a difference in an 'AWAKENING' and an "Understanding." The 12 Steps are about having a 'Spiritual Awakening' as the result of having 'taken' these 12 Steps. WHY IS THIS IMPORTANT? Knowing, Understanding, and Experiencing are NOT the same. We're fooling ourselves when we think we can understand psychic or spiritual experiences and psychological transformations - BEFORE we've experienced them. UNDERSTANDING comes later — after we've had the experience produced by 'taking' the 12 Steps. For now, take the actions — and see what happens AFTER we have our AWAKENING experience in Step 12. The purpose of taking the 12 Steps — is so that you can experience being comfortable — while sober! Step 4: "Made a searching and fearless moral inventory of ourselves." NOTE: Scroll down this page for the links to the 5 worksheets that you can download. (About the middle of this page). Click or touch the links and they will open and then save or print a copy. There is much more to sobriety than just being physically sober. There is more to sobriety than having the obsession for alcohol removed. Sober isn't much fun - unless we can find a way to be happy and thriving while sober. And that's what taking the 12 Steps will do for you. To be happy WHILE sober requires emotional sobriety. The Fourth Step is an action step towards PHYSICAL and EMOTIONAL sobriety. We are in a process with the 12 Steps that will transform our thoughts, our attitudes, and move us towards recreating our lives. In Step 3, We made a decision to give up our old plans for living and to try A.A.'s 12 Step Plan for Living. Step Four is a fact-finding and fact-facing process. We are searching for the "causes and conditions" that produced our miserable results in life! We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the patterns - that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our HIGHEST good, and for the HIGHEST good of those with whom we come in contact. This prepares us to live a life of purpose - where we can be in maximum fit condition to be of service to others. Everything contained in the Fourth Step Inventory Worksheets is distilled directly from the book - Alcoholics Anonymous. NEW! Be sure to download ALL SIX WORKSHEETS below: The first one is the 4th Step Guide Instructions page. Read the instructions page first. If you have questions contact Dallas B. here, on this website's contact form — and we will be sure that he gets it! You can also contact Dallas B., on Facebook by visiting the Step12.com page on Facebook, until we restore our forums on this website. 1 The 4th Step Guide Instructions 4th-step-instructions-xDownload 2. The 4th Step - Resentments worksheet. 4th-step-resentments-xDownload 3. The 4th Step - Fear's worksheet 4. The4th Step - Sex Conduct Worksheet. 4th-step-sex-conduct-xDownload 5. The 4th Step Inventory - Harms to Others Worksheet NEW: We've decided to include this page as Download Number Six - which will include links in the PDF files to make it easier for you to access them in the future, and easier for you to pass them on to others - if you desire to do so. 6. This page with links to all the forms, too There is a detailed instruction sheet that goes with the Step 4 Inventory forms, from the workshop. Please read that instruction sheet, follow the instructions, and read all the references in the Big Book mentioned in the instructions, and read the Big Book references on each one of the individual forms. If someone offers you one that you can type your 4th Step Inventory in it — RUN AWAY AS FAST AS YOU CAN! The Big Book SPECIFICALLY instructs us use pen and paper to do this! (There is a huge psychological reason for 'hand writing' rather than 'typing') . NOTE: Is this official A.A. Literature? What is more OFFICIAL — than The Book, Alcoholics Anonymous? If you have questions or need additional help — contact us here at Step12.com