

Step Four

Made a searching and fearless moral inventory of ourselves.

Summary

- A moral inventory can be described as a systematic examination of all the beliefs, feelings, attitudes, and actions that have shaped our lives from our earliest years.
- The Fourth Step is a written inventory.
- There is no single format that is used by all members in their inventories.
- Most of us cannot write a thorough Fourth Step in one sitting.
- We need to remember that our Fourth Step is *an* inventory, not *the* inventory.
- There is no right inventory, and there are no perfect inventories.
- A searching and fearless moral inventory is one of the means by which we open ourselves to the care and healing of our Higher Power.
- It is one of the first and most profound ways we put our Third Step decision into action.

Sexual Conduct Inventory

- Examining our sexual conduct is an important aspect of our inventory...here we explore more deeply our sexual history and look at every instance in which our sexual behavior directly or indirectly harmed others or ourselves. *(Sexual Conduct Inventory Column 1)*
(Sexual Conduct Inventory Column 2)(Sexual Conduct Inventory Column 6)
- In the process, we may uncover the secret agendas, fantasies, beliefs, and rationalizations contributing to our behavior. *(Sexual Conduct Inventory Column 3)*
- We look honestly at the defects that drove our behavior, such as selfishness, desire for control, an attitude of entitlement, or feeling of inferiority or superiority. *(Sexual Conduct Inventory Column 5)*
- We come to realize that our addiction is more than just unmanageable sexual activities: it includes an entire system of underlying thoughts, feelings, and behaviors. *(Sexual Conduct Inventory Column 3)(Sexual Conduct Inventory Column 4)*
(Sexual Conduct Inventory Worksheet Column 1)
- Our inventory is searching, because we try to examine ourselves as thoroughly and painstakingly as possible. It is fearless, because we don't let our fear stop us from digging deeper. It is moral, because it concerns our values and the consequences of our actions for ourselves and others. *(Sexual Conduct Inventory Column 4)*
- We may also examine our traumatic sexual experiences or sexually abusive relationships and their effect on ourselves and others.

Resentment Inventory

- Resentment means holding on to old hurts, anger, and grudges.
- When we cling to hurts or anger, we get a negative attitude. We feel victimized.
- And each time we play the event over in our minds, we feel victimized again.
- In our inventory we list the people and situations that have hurt us, citing specific instances... trying to identify exactly what they did, instead of writing in generalities. *(Resentment Inventory Column 1) (Resentment Inventory Column 2)*
- Many of us write about how we felt when we were hurt, and how we feel now. *(Resentment Inventory Column 3)*
- We may list what we think was lost, taken, or threatened by another person's actions. *(Resentment Inventory Column 4)*
- We then go back over the list of resentments, looking at each incident and ask ourselves what role we played in the situation. *(Resentment Inventory Column 5)*
- When we review our responsibility in conflicts, we see the pattern of our character defects emerge. *(Resentment Inventory Column 5)*

Fear Inventory

- Many of us have found that fear was a pervasive influence throughout our lives, profoundly affecting our beliefs, our relationships, and our self worth.
- We can list the ways in which we have been handicapped by our fears: how fear motivated actions that we later regretted, how it prevented us from achieving the things we desired, or how the fear of intimacy and commitment contributed to our loneliness.
(Fear Inventory Column 1)(Fear Inventory Column 2)
- Yet we also need to credit ourselves for the times when we have been courageous- the times we felt fear but still did what was worthwhile or healthy for us. *(Fear Inventory Column 3)*

Character Assets Inventory

- A moral inventory wouldn't be complete without some acknowledgement of our positive aspects. *(Assets Inventory Row 6)*
- We list the ways we have acting in a self-loving manner. *(Assets Inventory Row 4)*
- We may write about the friendships we have nurtured and the people we have helped. *(Assets Inventory Row 1)*
- We list the things we are genuinely proud of, such as healthy accomplishments that we worked hard to achieve. *(Assets Inventory Row 2)*
- We give ourselves credit for the success we have had at turning our addiction over to our Higher Power. *(Assets Inventory Row 5)*
- We write about our love, faith, and gratitude. *(Assets Inventory Row 3)*

Principles

- Courage
- Honesty
- Faith

Promises

- If we neglect this inventory, we risk being stuck in our old habits and mistaken beliefs, and our unexamined defects of character will eventually lead us to relapse.
- In taking the Fourth Step, we begin to know ourselves for who we really are.
- If we find ourselves hesitating, we turn to our Higher Power for help, trusting that with God's care we cannot fail.
- By looking honestly at our moral nature-the failings that kept us trapped in our addiction, as well as our virtues and aspirations-we start to move away from being self-centered and toward being God-centered.
- We take full responsibility and unequivocal responsibility for what we've done.
- It is time for Step Five

Sexual Conduct Inventory

Suggestions: Fill out one column of the inventory at a time. For column list one addictive behavior per inventory. Usually this links directly back to the Three Circles Worksheet. In the next column summarize the main events surrounding this behavior. This is usually done in chronological order. In the False Beliefs column identify the beliefs that motivated the actions described in the previous column. In the Consequences Column describe the consequences that were a direct result from acting out with this behavior. These could be mental, emotional, physical, financial, and or spiritual. For the Character Defects Column look back over the inventory thus far, and identify the defects that motivated acting out in this way. Lastly in the victims column list all who were negatively effected by acting out in this manner.

Behavior	Events	False Beliefs	Consequences	Character Defects	Victims
<ul style="list-style-type: none"> • Viewing Pornography 	<ul style="list-style-type: none"> • Viewed pornographic magazines every chance I got at the age of 15. • Started watching Internet porn by 16. • In order to try and get same high the genre of pornography progressively got more violent, and taboo. • Tried to stop around the age of 24 when I almost got caught at work. • 3 weeks later, I started again with no real excuse. • Watching on a near daily basis by 25. 	<ul style="list-style-type: none"> • Acting out is more satisfying than non-addictive sex. • Life is better with addictive sex • I can control my acting out • Acting out makes me a more relaxed person • Acting out by oneself is a sufficient substitute for relations with people • Acting out doesn't harm anyone else but me • If I met the right person I would stop acting out • Sex is the solution to my internal emptiness 	<ul style="list-style-type: none"> • Lack of hygiene • Unwanted/ Uncontrollable Thoughts • Finds it difficult to focus on present moment. (lost in fantasy) • Damage to Pleasure Center in the brain • Feelings of shame anxiety, depression • Loss of pleasure in everyday activities • Loss of Ambition • Loss of romantic relationships • Social awkwardness • Loss of choice in who I objectify • Loss of moral compass 	<ul style="list-style-type: none"> • Desire to Control • Dishonesty • Self-Centered • Self-Seeking • Disrespect • Impatience • Rationalization • False Sense of Superiority/Inferiority • Abusive • Isolation 	<ul style="list-style-type: none"> • Self • Jamie • Avery • Taylor • Tracy • People behind the screen/ paper

Examples of False Beliefs

- **Physical**
 - Acting out is more satisfying than non-addictive sex
 - Acting out is a reward I get, that fuels me to do more throughout day
 - Acting out will satisfy compulsion
- **Mental**
 - Acting out is a healthy mental release
 - Life is more exciting with addictive sex
 - I can control my acting out
 - Acting out is a healthy mental release
 - Obsession leads to satisfaction
- **Emotional**
 - Life is more exciting with addictive sex.
 - Acting out makes me a happier/more relaxed person.
- **Relational**
 - Acting out does not harm my partner, if they do not know
 - Acting out by oneself is a sufficient substitute for relations with people
 - Acting out doesn't harm anyone else but (maybe) me
 - If I met the right person I would stop acting out.
- **Financial**
 - I can control how much money I spend on acting out.
 - Acting out has not effected me financially.
- **Spiritual**
 - Acting out has nothing to do with my spiritual life.
 - A Higher Power cannot save me.
 - Sex is the solution to my internal emptiness.
 - Pleasure is the purpose to life.
 - I cannot be spiritual and sexual at the same time.

Consequences Examples

- **Physical**
 - Loss of sensation/pleasure
 - Sexually Transmitted Disease(s)
 - Medication Dependency
 - Marks of Harm (Bruises/ Scars/ Mutilated Genitalia)
 - Lack of personal hygiene/ self care
 - Imprisonment (by law or by way of abduction)
 - Death
- **Mental**
 - Unwanted/ Uncontrollable Thoughts
 - Obsessive/ Consuming Thinking
 - Finds it difficult to focus on present moment. (lost in fantasy)
 - Damage to Pleasure Center in the brain
 - Erosion of Will-Power
- **Emotional**
 - Influx in negative emotions
(shame, self-hate, guilt, anger, sadness, anxiety, depression etc.)
 - Emotionally Numb (Desensitized to the pleasure in everyday activities)
 - Mood swings
 - Lack of Empathy
 - Lack of Maturity
 - Loss of Confidence
 - Loss of Ambition
- **Relationally**
 - Loss of romantic relationships
 - Loss of friendships
 - ‘Broken picker’
 - Family no longer priority
 - Social awkwardness
 - Loss of intimacy (sexually & non-sexually)
 - Isolation/ loneliness
 - Lacks boundaries
 - Loss of choice in who one objectifies as a sexual object.
- **Financial**
 - Loss of money (poured into medical bills, alimony,porn,device repair, sex trade ext)
 - Loss of career/ schooling
- **Spiritual**
 - Loss of awareness/belief of a Higher Power
 - Loss of moral compass
 - Unfulfilled/untapped purpose to living.

Character Defects and Assets (Examples)

Character Defects	Assets
Dishonesty	Honesty
Selfishness	Selfless
Self-Hatred	Self-Love
Self-Centered	God-Centered
Self-Seeking	Giving (Altruism)
Self-Pity	Self-Esteem
Self-Will	God-Reliant
'Know It All' (Ego)	Teachable
Pessimism	Optimism
Jealousy	Compassion
Infidelity	Faithful
Disrespect	Respect
Betrayal	Loyalty
Blame	Ownership
Judgment	Grace
Gossip	Praise
Greed	Generosity
Hypocritical	Integrity
Closed-Minded	Open-Minded
Emotional Walls	Boundaries
Intimacy Avoidance	Intimacy
Expectations	Faith
Manipulation	Ability to Let Go
Gluttony	Content
False Sense of Superiority/Inferiority	Humility
Unwillingness	Willingness
Pride	Dignity
Impatience	Patience
Procrastination	Action
Irresponsible	Responsible
Prejudice	Unbiased
Rationalization	Apologetic
Perversion	Healthy Sexuality
Skeptical	Trust
Ungrateful	Gratitude
Abusive	Protective
People Pleasing	Boundaries
Rigid	Flexible
Isolation	Fellowship
Hateful	Loving
Resentful	Empathy
Unaccountable	Accountability
Righteousness	Spirituality
Cowardice	Courage

Sexual Conduct Inventory

Behavior	Events	False Beliefs	Consequences	Character Defects	Victims

Resentment Inventory

Suggestions: Fill out inventory one column at a time. In the first column write one entity you harbor resentment towards. In the next column summarize the events that cultivated, or seemingly cultivated the resentment. In the third column describe how you felt/feel now, about the entity you are resentful towards and/or the events surrounding the resentment. In the fourth column list what was lost, taken, or threatened in regards to this resentment. This can be physical, emotional, mental, financial, and or spiritual. Lastly describe your mistakes. This can be described and categorized by character defects.

Who/What Hurt Us	What Happened	How We Felt / Feel Now	What Was Seemingly Lost, Taken, or Threatened	Role We Played
<ul style="list-style-type: none"> • Jess 	<ul style="list-style-type: none"> • Had sex with my partner. • Then lied to me about it. 	<ul style="list-style-type: none"> • I feel victimized. • I feel anger. • I feel sadness. • I feel anxiety. • I feel loneliness. 	<ul style="list-style-type: none"> • My relationship. • My friendship. 	<ul style="list-style-type: none"> • <u>Blame</u>-I put responsibility on Jess for the entirety of my ruined relationship. • <u>Dishonest</u>-I had all but destroyed my relationship long before this incident. • <u>Hypocritical</u>-I have also had sex with others partners, and lied about it. • <u>Self-Centered</u>- Only seeing my pain. • <u>Gossip</u>-I gossiped about Jess to mutual friends. • <u>Hateful</u>- I talked down to Jess in a hateful tone.

Resentment Inventory

Who/What Hurt Us	What Happened	How We Felt / Feel Now	What Was Lost, Taken, or Threatened	Character Defects (Role We Played)

Fear Inventory Example

Suggestions: Fill this inventory out one column at a time. In the first column identify a specific fear. In the next column describe how you have reacted when this fear has emerged in a negative way, and what resulted. Lastly in the third column describe times when you reacted positively to the identified fear, and what resulted.

Fear	Actions Motivated By Fear/Results	Healthy Reaction/ Results
Rejection	<ul style="list-style-type: none">Isolation-I avoid social situations all together. This results in me not getting invited to do much, which feels like a lot like rejection.	<ul style="list-style-type: none">Vulnerability-I publicly spoke despite fear. People spoke to me after; I felt very connected.
Missing Out	<ul style="list-style-type: none">Fantasy-I obsess about the things, experiences, and people I do not have in my life. This causes me to miss out on the present moment, as well as the things that I do have.	<ul style="list-style-type: none">Gratitude-Fear arose after not being able to being able to afford to attend a concert. I said a prayer of thanks that I did have enough money to drive to a meeting. I enjoyed the meeting.
Discomfort	<ul style="list-style-type: none">Acting Out-I have acted out sexually to feel better. This causes me to be driven deeper into my addiction, which ultimately has created more discomfort.	<ul style="list-style-type: none">Surrender-Fear arose due to discomfort of desperately wanting to act out. Instead of fighting the feelings of emotional discomfort I surrendered it by taking a breath, saying a prayer, and calling my sponsor.

Fear Inventory Example

Fear	Actions Motivated By Fear/Results	Healthy Reaction/ Results

Character Assets Inventory (Example)

We write about friendships we have nurtured and people we have helped

- I have been there for my best friend Sam financially , and emotionally.
- I sponsor a child in Ethiopia to help meet his, and his families basic needs
- I have been vulnerable with my SAA group, letting them know the real me, and me them.
- I have been authentic at work, instead of putting on a mask. I now have a couple of friends at work.
- I have showed my family love.

We list things we are generally proud of; Healthy accomplishments

- Going to school.
- Having sexual sobriety
- Doing Steps 1,2,3
- Becoming a manager at work
- I've been keeping to my budget
- Traveled out of country

We write about our love, faith, and gratitude

- I love my Higher Power, family, my SAA group, and my friends. Their love now matters more to me that my addiction does.
- I have faith that despite my many failures, this time is different, because this time, I'm listening to my Higher Power.
- I am grateful that I am starting to see things clearly; that sobriety now is something I want, not just something I need.

We list the ways we have acted in a self-loving manner

- I take myself out on dates
- I hold my hand
- Positive Affirmations
- I exercise
- I take deep breathes
- I sing to myself

We write about successes we have had turning our addiction over to our Higher Power

- I have surrendered by doing step work when I did not feel like it
- I have been free of my inner circle behaviors, by asking for my Higher Power's help
- I have prayed despite fear, and doubt
- I have gotten out of me ,by helping the newcomer
- I have taken suggestions, letting my Higher Power to speak to me through my fellows
- I have done 4th Step work, despite my feelings

Character Assets

- Vulnerability, Ability to Let Go, Honesty,Perseverance,Trust, Self-Love, Giving, Gratitude, Having Faith, Giving Grace, Open-Minded, Patience, Active, Surrender

Character Assets Inventory

We write about friendships we have nurtured and people we have helped

We list things we are generally proud of; Healthy accomplishments

We write about our love, faith, and gratitude

We list the ways we have acted in a self-loving manner

We write about successes we have had turning our addiction over to our Higher Power

Character Assets