

4th and 5th Steps

Every day you are clean & sober will be like another Christmas – a celebration.

The reason we are in treatment is to get well & stay well. The first step is abstinence. We get continued sobriety by breaking through delusions & denial.

Later, we look at the pain in our lives. (Chemicals medicate pain). Whatever is stuffed & hidden inside grows in the dark – eg shame, guilt, anger, grief, etc. If not shared, but kept hidden, it continues to grow. The more it is kept hidden, the less we'll be able to deal with it.

4th Step is shining light on the darkness.

5th Step is opening the door & going through it.

Many of us in recovery will do more than one 4th & 5th Step. Down the road, there may well be a need for another 4th & 5th Step. They are necessary to understand the –isms of this disease – the living patterns.

Many of us will experience a wonderful relief & release in the first 4th & 5th Step. You have not messed up if there is no wonderful sense of release & discovery. Shaving off layers is also OK. If you've done the best you can, you've done it right.

In the 4th Step,

searching & fearless means:

- to the best of your ability, you don't leave any dark corners
- you don't run away from the 1 or 2 things you do not want to deal with
- you don't hide anything

moral inventory means

- you're looking at whether something was right or wrong
- admit it if it was wrong. You chose wrong & bad under the influence of this disease.
- Sharing it is how you get rid of it

In the 5th Step, it acknowledges the 4th Step was written, then verbalised.

Sharing with God, ourselves & another human being. All 3 are important.

Sharing is hard but that's where freedom comes from.

Share the exact nature of our wrongs means:

- Take it step by step.
- What is the nature of each wrong? e.g. Did you have affairs because you sabotaged any relationship that looked like getting close because of your fear of intimacy?

- Program never asks what is too hard for you. There is no need to do it all at once. You can take **Baby Steps** into recovery.

It doesn't help to view the inventory as just examples of what's wrong with you. Look at it as taking a journey from where you are to where you want to go. You need to decide how you are going to get there.

Where are you?

4th Step inventory.

I seek approval because I feel insecure. I feel guilty because...

Where do you want to get to?

Move to a sense of self.

Grow to a person with enough integrity to let others be how they want to be and feel good enough to say "But that's not for me."

How are you going to get there?