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speaker talking
on the 4th step
~~\ "Step One" \~~
~~with Father~~
~~Martin.~~

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with Father
Martin. 4th step
All 4 parts
Detailed
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Stephanie B.

Breathing Under

Water:

Spirituality and

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~~Martin. Step 4:~~

Inventory of

Resentments ~~Mark~~

~~H. and Joe H. —~~

~~Step 4 Inventory~~

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of the Lie\ "
AA Speakers
Recovery~~

4th Step

Inventory -

(Everything you
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Scott L. - 4th

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~~Alcoholics~~

~~Anonymous Al-~~

~~Anon NA~~ **Step 4 -**

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Inventory ~~Step 6~~

~~of the 12 Steps~~

~~of AA \u0026 Al~~

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~~Father Martin.~~

Step 8 Working

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is used in the
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not suggest
writing anything
down. However,
many people who
have used these
worksheets found
it helpful to

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write down their
flaws and their
specific
defects.

~~FOURTH STEP~~

~~INVENTORY~~

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the Big Book
'Alcoholics
Anonymous',
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opinion, just
fact. To be able

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to start on this step, the previous three steps must of course have been completed, so before starting check with your sponsor, spiritual advisor, counselor, etc. to make sure you are ready. M

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~~RESENTMENT
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INVENTORY PROMPT
SHEET — 12 STEP~~

In addition to the online guide, Al-Anon Family Groups has its Blueprint for Progress: Al-Anon's Fourth Step Inventory workbook which

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online. But the
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The book I
quoted from
above, Paths to
Recovery, How Al-
Anon Works, the
Blueprint for

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Progress, and
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I got Better,
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to help work
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this Step.

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started upon a
personal
inventory. This
was Step Four. A
business which

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Step 4 no regular
inventory
usually goes
broke. Taking
commercial
inventory is a
fact-finding and
a fact-facing
process.

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Since its

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1951, Al-Anon
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published more
than 100 books
and pamphlets
that share Al-
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purpose: to help
family and
friends recover
from the effects
of someone
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7:00 friday
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nearly word-for-
word from the
Twelve Steps of
Alcoholics

Anonymous, have
been a tool for

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for millions of
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members share
with each other
the personal
lessons they
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Step 4
directly
responsible to
those they

serve. ... NYC

AL-ANON

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INFO ...

~~12 Steps & 12~~

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We discuss the different ways we have worked Step 4. We already talked about AI-Anon's Blueprint for Progress, a workbook for doing a thorough inventory.

Another tool that most of us

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Step 4 used is the
book Paths to
Recovery, which
has discussion
about and
questions for
working all 12
steps,
traditions, and
concepts.

~~Step 4 - doing
the inventory -
Episode 18 - The~~

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While Al Anon
and ACA are
Twelve Step
programs, they
are somewhat
different in
focus and
approach. Al

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Step 4 primarily
focuses on
familial
alcoholism and
how to live
detached and
serenely with a
drinking
alcoholic or to
live a better
life with an
alcoholic, who
has found
recovery. In Al

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their own
program.

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and Common
Traits of People
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This companion
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