

While working Step Four and all of the ACA Steps, we encourage you to nurture yourself. We must balance this probing look at our behavior with gentleness. We must protect our Inner Child or True Self vigorously. At the same time, we cannot let discomfort or fear stop us from getting honest about our own behavior.

- For your convenience Tony A, our co-founder’s 12 Steps and more information are included in Appendix F. Pending/WSO
- We will introduce Ready Set GO!!’s “Blameless” 4th Step Inventory Worksheets.
- These inventory worksheets are intended to help us progress on our path to recovery and to find our voice and our truth by privately sharing them with our sharing partner.
- Blank worksheets are in Appendix B for copies as needed.
- There is no wrong or right way to do it.
- The 4th Step Inventory of Ready Set GO!! was created with a simple **Quick Check** guide to introduce the inventory process.
- This is a “Blameless” inventory to help us understand the generational nature of the **Dysfunctional Problems** while learning the impact they have had on our life.
- Be gentle and kind with yourself, this is not easy.
- **Exercise 1** will introduce you to the **Dysfunctional Problems** by **people who have harmed you**. **Exercise 2** will introduce you to the **Dysfunctional Problems** by **people who you have harmed**.
- Inventorying these **Dysfunctional Problems** may take some time to complete. Be gentle with yourself by letting go of any fears or anxieties.
- As we acknowledge these **Dysfunctional Problems** read the **Definitions** for the **Healing Solutions** that show us how to **Seek Balance for Positive Results** by using the **Healing Solutions** that help us break out of our role as a victim.
- The **Healing Solutions** are what it will take to overcome the **Dysfunctional Problems** and what we will gain from this process.
- It is suggested that you share your inventory at a later date with your sharing partner, sponsor or fellow traveler, sharing the **details** of your **Dysfunctional Problems** taking into account **Exercise 1 and 2** as you begin to piece together your story.
- These **Exercises** will help you when you are introduced to Steps 8 and 9.

Ready Set GO!!'s
“Blameless” 4th Step Inventory
(An Introduction)

L
e
a
d
e
r

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

- This is Ready Set GO!!'s introduction to the inventory process offering you awareness of your experience, strength and hope. (Refer BRB pp.166-189)
- We will go around the room reading for 10 minutes you may pass if you choose. to.
- We will read across the columns to do a **Quick Check** of a few **Dysfunctional Problems** one at a time that apply to you. Read Definitions. We have included definitions for the **Dysfunctional Problems** in the 4th Step Inventory. These definitions may be helpful filling out your inventory. As we begin to break through our denial we are likely to feel and realize the impact that these **Dysfunctional Problems** have had on our life. This could be painful to look at and acknowledge. We may search and pray to our Higher Power who we may have come to know from being introduced to us in the first three steps.
- Mark the **Check** column if this problem affects you personally.
- List the **people that have harmed you** with that problem in the **Exercise 1** column. The harm may be real or imagined.
- List the **people who you have harmed** with that problem in the **Exercise 2** column. Give special consideration to put yourself down first on the list as many adult children have harmed themselves with these behaviors.
- Read the **Healing Solutions** Definition. **Healing Solutions** show us how to **Seek Balance for Positive Results** by using the **Healing Solutions** that help us break out of our role as a victim. The definitions may be helpful filling out your inventory. After sharing this inventory in detail with a sharing partner, sponsor, or therapist we may experience some of these **Healing Solutions** going through this process. These are positive things that we may never have experienced or hoped for before in our lives. We may notice them in tiny ways or they could have a huge impact on our recovery. The results will be different for all of us. There are no guarantees, only our determination to do the best we can do to the best of our ability. Our Higher Power will love us no matter what we accomplish and so we need to love ourselves unconditionally.
- Take the **Praise Exercise** balancing positive and spiritual qualities.
- **Quick Check Marks** ✓ will be discussed in detail with your sharing partner later.
- Take your time, leaving your fears and anxieties behind you.
- Thoroughly complete the worksheets at home with the support of your sharing partner if needed.