

StepSponsorDA

Topic 10: Overview of Steps 4-8

4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.

[Note: We use a different script format starting on TOPIC 10, Taking Action In DA – This script will continue through Topic 30.]

[These are pages from the 'GreenBack Book Study Guide to Existing D.A. Literature. 2019 edition']

READ The Original Step 4-8 Sequence from AA Big Book Basic Text

- **Read Aloud Together from AABB** p 63 the bottom through p 76
- Have pencil and paper with you, near the phone, as we study
- **NOTE In the Original Text These Steps were Taken Together, Rapidly in a Sequence**

STEP 4

- WHEN am I to take Step Four? (p 63:4 bottom of page)
- Where do I find the clear-cut directions for taking Step Four? *We find it easier to write as we read! p 64-71*
- NOTE the use of adverbs like NOW, “at once”, “next”, and “promptly”.
- **NOTE that when a statement says, “Ask God,” that is a prayer. We find these prayers work best when prayed precisely, *after each entry on your inventory.* p 67-68-69-70**
- Explanation: p 63:4, p 64:0-1

Sponsor may do the writing with you as you answer: p 13:3

Some of us find that getting together and reading the column headings aloud and writing the columns for our study partner/sponsor and vice versa can be helpful.

Do not be daunted by the belief that you have to write your whole life... you might choose to write the most CURRENTLY burdensome subjects; your job, family, etc...

The point is to get familiar with using the exercise, *not* to write massive volumes!

Our experience is that **bullet points** like the sample on page 65, of our thought patterns are more effective than getting caught in the lengthy writing of a "story."

What do we inventory? WRITE together as you read these column headings out loud:

Resentments: p 64:3

Read "Resentment" first 3 Column Headings p 65:2

What are the dark promises of step 4? p 66:1-2

We overcome resentments with forgiveness. What do we ask God? P 66:1 thru 67:0-1

When we ask God how to be helpful, it is good to **pause and listen** for your HP's response

Find more prayer directions p 67:1

What promises did we find? p 67:2 NOTE we can ask God in prayer for these.

How do we look for our part in our resentments? (which becomes the 4th column heading) p 67:2-3

Fears: p 67:3

Fears: p 68

After listing fears, what do we ask ourselves p 68:1

We overcome our fears with faith and prayer. What do we ask God? P 68:3

Sex or Harms: (for our debtor purposes we use sexual and general harm or betrayal interchangeably – **as debtors, figuratively speaking, whom have we “screwed?”**)

The column headings are the questions on p 69:1

What are the prayers (“ask God's) on p 69:2-3

We overcome our harms with Willing Amends – p 69:3

Being Willing comes from prayer p 69:3

Who does the AABB say to listen to most? Bottom p 69-top p 70:0

What to do if we fall short of a chosen ideal? P 70:1-2

What are the prayers (“ask God's) on p 70:2

If screws are troublesome, use “What should I do?” p 70:2

What am I promised? p 70:2

Reflect and Discuss Together - What am I looking for in taking this Step? What am I promised if I will be thorough in taking this inventory? (AABB P 64 - P70:2)

Read Aloud Together from AABB

- Step 5
 - Why do we share our inventory with another human being: p 72:2
 - With whom? P 73:4, p 74:0-1
 - This Step may be temporarily postponed: p 74:2
 - How do we take this Step? P 75:1
 - What are we promised after giving away Step 5?
- Step 6
 - Preparation p 75:3 and flip to p59:2 and ask as questions Steps 1-5
 - Explanation: p 76:1
 - Sixth Step question: p 76:1
- Step 7
 - Seventh Step prayer: p 76:2
- Step 8
 - Explanation: p 76:3
 - Seventh Step prayer: p 76:2

ACTIONS

- REVIEW the Action List from the previous session. Be current with that before going on to this week's Action List
- Spend some time on the action items in this study each day as you can, at least 15-20 min, or more. ***Let whatever amount of time you have be good enough. Keep coming back.***
- PRAY the Third Step Prayers from the AA Big Book p 63 and *The 12 Steps of Debtors Anonymous* p 19
- **BEGIN THE PROCESS OF WRITING YOUR FOURTH STEP COLUMNS, PRAYING AFTER EACH ITEM AS INDICATED**

PRAYER CARDS

- Get a pack of 3x5 index cards, if you have not done so already
- On individual 3x5 cards, put each of the 3 daily prayers; consider making several sets, one set for by the bed, one for your wallet, your desk, vanity mirror, car or other place you frequently look.
- **Add the resentment, fear and harms prayers to your prayer cards.**

ACTIONS SO FAR

DAILY

- One Day at a Time Abstain from New Unsecured Debt (consider setting a date for your last unsecured debt or your DA Birthday).
- Call a DA member. Ask for support maintaining your DA program work, **especially 4th step writing**
- Read from a piece of DA or AA Literature
- Answer the study questions as indicated
- Keep a spending record as you spend
- Every morning:
 - Pray for willingness to work your DA program
 - Pray the Serenity Prayer
 - Pray BOTH the Third Step Prayers, AA's p 63 and DA's p 19
 - Pray the resentment, fear and harms prayers as needed, as they apply.
- **Pray these all through the day and consider carrying your prayer cards with you.**
- Spend some time on the READINGS in this study each day as you can, at least 15-20 min or more. ***Let whatever amount of time you have be good enough. Keep coming back.***

WEEKLY/REGULARLY

- Attend at least one solution-oriented DA meeting - listen for the DA concepts

- At your meeting, share only solutions and only if you have experience doing the work of the meeting topic. If you do not have a solution to share, listen for program-working members of your meetings and ask for their phone numbers or email addresses.
- Ask around your "Home" meeting for a sponsor or DA phone partner
- **Ask for support maintaining your DA program work**

**FOR WORKING STEP FOUR, YOU CAN USE THESE LINKS FROM TOPIC 10-
 TEMPLATES - RESENTMENTS [HERE](#)
 FEARS [HERE](#)
 HARMS-BETRAYALS [HERE](#)**

NEXT TOPIC

**Topic 11: Steps 4 & 5 - GETTING IT WRITTEN –
 MORE on the 4th STEP INVENTORY WITH THE STEP 5 PRAYERS**

4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

STEPS 4-5

GETTING STEP 4 MORAL INVENTORY WRITTEN WITH PRAYER AND
 PARTNERSHIP

READ AABB in Bill's Story P 13:2-3

RE-READ This Study Guide, line by line, WITH the corresponding Big Book Passages

READ DA Pamphlet "12 Steps of DA" Step 4 p 8-10

READ (On your own in time) **DA Book, The 12 Steps, 12 Traditions and 12 Concepts of Debtors Anonymous**, Step 4 p 20-23