

StepSponsorDA

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

Topic 11: Steps 4 & 5 -- Getting It Written More on the 4th Step Inventory with the Step 5 Prayers

Step 4. *Made a searching and fearless moral inventory of ourselves.*

Step 5. *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

STEPS 4-5

Getting the Step 4 Moral Inventory written with Prayer and Partnership:

- **READ** in [Alcoholics Anonymous](#) the "Big Book" (AABB) in Bill's Story p 13:2-3
- **RE-READ** This Study Guide, line by line, WITH the corresponding AABB Passages
- **READ** DA Pamphlet "12 Steps of DA," Step 4, pp 8-10
- **READ** (On your own time) DA Book, [The 12 Steps, 12 Traditions and 12 Concepts of Debtors Anonymous](#), (DA12x12x12) Step 4, pp 20-23

READ Bill's Story [page 13:2-3](#) in AABB

- Notice when Bill W. first got sober he was visited by a sober friend, and did the moral inventory writing and prayer TOGETHER with this friend, across the kitchen table.
- BE SURE to pray the prayers during the writing process, in the sequence that they appear in the book.
- Some of us do the writing WITH a sponsor or study partner in the room with us, or even have our partner make the lists while we talk and PRAY THE PRAYERS together.
- The important thing is to get the lists written rapidly AND give the thoughts away at once. We take our wrongs to GOD, look at them ourselves and give them to another human. Following this exercise, be sure to take the quiet "alone time" to reflect & pray as described on pp 75-76.

TIPS:

- Only give yourself a week to write, give away & take your 4th through 7th steps.
- In its original form, the inventory was never intended to take a huge, long time.

- Remember it is an inventory of morals, not a story. This is a list of thought patterns and beliefs.
- Although feelings play a role in this process, they are not the main thing. We look at the *thinking* that accompanies our feelings to root out thought patterns & beliefs that no longer serve us.
- Do not burn or destroy your 4th step. You need the material to write the Step 8 amends list.
- *Remember this is not the only time you will ever do this step.*
- As other issues come up, we repeat this process when needed.
- *Share with us* what helped you get your 4th step completed and given away.

SUPPLEMENT

More About Writing the Fourth Step Inventory

If you are new to 12 Step or new to Step-sponsoring, here are some supplemental tips that sponsors give sponsees to get them going on the writing exercise.

Write Resentments - Write *bullet points* like the sample in pp 64-65. Keep the AABB open with a piece of paper next to it and follow the suggested directions in order. Use the column headings in the AA Big Book:

- Column 1 “Resentful At”
- Column 2 “the Cause”
- Column 3 “Affects My...”
- DO the writing on plain paper – no need for handouts, copiers or computers! Make your columns by folding your paper length-wise and creasing it... you don't even need a ruler.
- There are sample Blank [Forms included](#) (Resentments here, others below) in this step guide BUT avoid using the lack of electronic devices or printers as an excuse to resist the step. Grab a pen/pencil & paper & just DO IT.
- NOTE: the origin of the word 'resent' is from the Latin verb *sentir*, meaning 'to feel,' and 'resent' means 'to re-feel.' What thoughts does your mind re-feel over & over like never-ending obsessions? We find these *obsessions and ruminations* and they also go on our resentment list.
- Our experience is that bullet points of our thought patterns are more effective than getting caught in the lengthy writing of a "story".
- **Members of Business Debtors Anonymous (BDA), NOTE** all of the business references in the inventory material. This moral inventory applies to Employees, Clients, Vendors, Associates and all business relations that cause you to experience anger or obsessing when you think of them.
- After 3 columns of “Resentments”, STOP WRITING & read aloud pp 66-67:0-1 and *PRAY the 'sick man' prayers and promises* on p 67..
- We find that praying the prayers in our own words after each entry is very effective in releasing these.
- When we ask God for help in prayer, it recommended that *we pause* and listen for the answer.
- Referring to the list, p 67: write Column 4 - “My Part”.

- Look for where you have been:
 - S – selfish
 - D – dishonest
 - SS – self-seeking or
 - F – frightened

Sample **Resentment** column headings in sequence below...

I'm Resentful at	The Cause	Affects My	PRAY (top p 67)	MY PART S, D, SS, F
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Writing Fears

- P 68:
 - Column 1 – List fears from the 'column 4 resentments' as well as fears not connected to a resentment.
 - Column 2 is 'Why?'
 - Column 3 is 'What do you trust or believe in rather than infinite God?'
- DO the writing on plain paper – no need for handouts, copiers or computers! Make your columns by folding your paper lengthwise and creasing it...you don't even need a ruler.
- There are BLANK [FORMS included](#) in this step guide BUT avoid using the lack of electronic devices as an excuse to resist the step. Grab a pen/pencil & paper & just DO IT.
- Our experience is that *bullet points* of our thought patterns are more effective than getting caught up in the lengthy writing of a 'Story.'
- After making the 3-column fear list, STOP writing. As directed on p 68:3. PRAY the fear prayer for each item. Write in the next column what God would have you be when you outgrow the fear.
- *Business debtors (BDA's) NOTE: Do you obsess about business fears? How is that working for you as a Higher Power?*

Sample **Fear** column headings in sequence below...

The Fear	Why	What belief am I trusting in, instead of God	PRAY p 68:3	Without the fear I'd be?
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Writing Sex or Interpersonal “Harms” Conduct

- Pp 68-69. For we debtors, we ask ourselves, literally & figuratively: *who have we “screwed?” “selfishly seduced?” “betrayed?” or “harmed?”*
- Look at this even if an actual sex act did not take place!

- Just write bullet points of harms conduct. On pp 69-70, find the column headings and prayers. For Sample Form for Harms/Betrayals Inventory, click [HERE](#).
- We find bullet points more effective than getting caught in the lengthy writing of a "story."
- *NOTE* there are 2 columns for your part here: "where was I at fault?" and "what could I have done instead?"
- *Pray the three sex (that is, the 'harms') prayers.* During the writing process DO NOT skip the prayers.
- *Business debtors (BDA's) NOTE: THIS WORK APPLIES to Employees, Clients, Vendors, Associates and all business relations that cause you to experience guilt when you think of them. In business, who did you screw?*

Sample **Sex/Harms/Screwed** column headings in sequence below...

Where was I S=Selfish D=Dishonest I=Inconsiderate	Whom did I harm?	Did I unjustifiably arouse: J=jealousy S=suspicion B=bitterness	Where was I at fault?	What should I have done instead?	THEN PRAY: 2 prayers p 69 1 prayer p 70
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Beginning the process of recovery, see AABB pp 64-75.

- What PROMISES did I find?
- How many prayers did I find? (Statements that say "Ask God")
- Prayers are found p. 67:0,1, p 68:3, p. 69:2-3, p 70: 1,2.
- Mark pages in your AA Big Book for fourth/fifth step prayers. (Which are actually the *first part of Step 5: 'Admitted to God'*)
- Some members like to underline or highlight the prayers and even mark the pages where they appear with tabs for easy reference.
- Some members put the key step prayers onto 3x5 cards and carry with them to pray throughout the day
- Pause after the Ask God's and LISTEN to your HP's response.
- Do your best to review & fill in your fourth columns (Actually, reviewing is the second part of Step 5 'admitted to self' as indicated on p. 65:3, p 66:3, p 69;1, p 70:3) but LET GO OF PERFECTIONISM
- Observe don't judge
- **AM I COMPLETELY READY TO BEGIN THE PROCESS OF RECOVERY? YES? START WRITING!**

NOTE: Finish the writing and PRAY before you decide to whom you will give away your 5th step. AND Read AABB 72-75:2.

NOTE: After you give your step 5 away, DO NOT burn or destroy your 4th step writing. You will use all that material in your Step 4 resentment, fear and harms lists in order to make the Step 8 amends list

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

- Read Aloud Together from DA Pamphlet "The 12 Steps of DA" Step 4
 - What does it say the inventory IS NOT? (p 8)
 - What methods does it say DA members have used in the past? (p 9)
 - Note that this Study Guide will have you use the AA Big Book method below and is *not* recommending the writing of a "life story" for purposes of this study format.
 - What does it say we rely on if we get stuck in fear or dread? (p10)
 - What are we promised a 4th step can do for us? (p10)

OPTIONAL SUPPLEMENT

READ DA Book *The 12 Steps, 12 Traditions and 12 Concepts of Debtors Anonymous*(DA12x12x12), Step 4, p 21-24

- **Read Aloud Together from DA Book *The 12x12x12 of Debtors Anonymous*, Step 4 - REVIEW** and share on these talking points with a sponsor or study partner:
 - What does it say about the fears and feelings that come up when starting this process? (p 21)
 - How do we address those concerns? (p 21:3 - p 22:0)
 - What are the Guiding Principles? (p 22:1-2 thru p 23)
 - What is the temptation we may revert to? (p 22:2)
 - What did we have to acknowledge about honesty? (p 22:3)
 - How would we be enriched and release blame? (p 23:1)
 - What Prayers did we find? (NOTE suggesting "asking for Higher Power...")
 - What did we find was essential? (P 23:2) What were we promised?
 - What does the text say about methods? (p 24:1-3)
 - *Note that this Study Guide will have you use the AA Big Book method below and is not recommending a vague, open-ended finishing time. A reminder: the early AA members did this work in an afternoon or an evening; do move forward!*

ACTIONS

1. BEGIN THE PROCESS OF WRITING YOUR FOURTH STEP COLUMNS, PRAYING AFTER EACH ITEM AS INDICATED
2. IF YOU ARE RESISTING, MAKE A PHONE OR FACE-TO-FACE SACRED APPOINTMENT TO DO THE WRITING TOGETHER WITH A PARTNER
3. REVIEW the Action List from the previous session. Be current with that before going on to this week's Action List. SET ASIDE TIME FOR YOUR STEP WORK - YOU ARE WORTH IT!

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 another place you frequently look.
- *Add the resentment, fear and harms prayers to your prayer cards.*

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. p 67:0,1, p 68:3, p 69:4-5, p 70:1-2.
 - *The Step 4 prayers are in the AABB p 67:0,1, p 68:3, p 69:4-5, p 70:1-2.*
- *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

- 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
- **Get a DA sponsor or DA phone study partner**
- Ask for support maintaining your DA program work

NEXT TOPIC:

Topic 12: MORE ON STEP 5

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

MORE ON STEPS 5

READ Aloud Together from DA Pamphlet “The 12 Steps of DA”

Step 5 in its entirety p 10-11

READ ABBREVIATED VERSION suggested AA Big Book Passages to read aloud together with your sponsor/study partner about the "Another Human Being" part of Step 5 are listed below, starting on P 72

SUPPLEMENT: READ Aloud, if time permits, together from DA Book *The 12 Steps 12x12 of Debtors Anonymous*

Step 5 in its entirety p 25-29

SUPPLEMENT: READ Aloud, if time permits, AA Big Book entire 'another human being' passage - pp 72-75:1-2

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