

## THE FOURTH AND FIFTH STEPS

This material is from the Eastridge Recovery Guidelines used over 30 years ago.

1) The Fourth and Fifth Steps are not a recitation of problems, nor are they an analysis of motives. They are an uncomplicated, straightforward examination and admission of one's wrongs.

2) When you take these Steps, cover your whole past as thoroughly and honestly as you can.

3) Retake the Fourth and Fifth Steps at least four times a year (I recommend monthly). In subsequent takings of these Steps, deal with new material which has come up since the last time you took them. Also bring up old material which will come into a different and clearer perspective as your thinking straightens out.

4) In taking your written fourth step, pay particular attention to the areas listed below:

RESENTMENT - hostility, anger, ill-will, grudges, contempt, hatred, dislike, irritation against people, institutions, or conditions.

DISHONESTY - lying, cheating, stealing, deceiving, conning, double-dealing, duplicity, self-deception, self-justification, falsehood with oneself and with others.

SEXUAL MISBEHAVIOR - physical and mental.

SELF-PITY & DEPRESSION - despondency, discouragement, despair, sulking, sad or noble self-dramatizing states, sense of being neglected or despised, envy.

FEARS - of people, events, conditions; free-floating or unrelated fears.

GUILT - difficulty in facing the truth; persistent feeling of being wrong, with or without discernible cause; feelings of self-hatred and self-distrust.

5) Two excellent check-off lists to use in taking inventory are the Ten Commandments (Exodus 20: 1-17) and the seven deadly sins (pride, anger, lust, envy, gluttony, avarice, sloth).

6) Pages 63 through 75 in the AA Big Book contain many helpful suggestions for taking Steps Four and Five.