

Step 4 Made a searching and fearless moral inventory of ourselves

4D Lets look at another word in that sentence: ourselves

Often, people start by thinking that this step is a listing of all the things we have done wrong. This word implies more than that. It implies looking at what are the things which make up our “self’s”, that is, our drives, dreams, and motivations. In this way, step 4 is a process of learning about one’s self.

What kinds of dreams have I had for myself?

What have been my motivations and are my motivations today?

How has my addiction destroyed my hopes, my dreams, and goals for life that I had at one time?

Most humans make their decisions based on emotions and find logic to rationalize their decisions. What decisions in my past follow that pattern?

For many people, their drives and motivations are the things which will take them back to their addiction. Here are a number of emotions that have driven people to act out. Which ones do you relate to (as connected to your addiction) and why?

Abandonment	Loneliness	Shame	Anger	Hurt
Fear	Pride	Greed	Hunger	Despair