

# Step Four

## *Fourth Step Prayer*

*Dear God,*

*It is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine & I will begin a searching & fearless moral inventory.*

*I will write down my wrongs, but I will also include that which is good.*

*I pray for the strength to complete the task. Amen.*

### We Do Together:

- Continue reading “How it Works.”
- Discuss work described on this sheet.
- Perform an old-school integrated 4<sup>th</sup>/5<sup>th</sup> step together, assuming *all* pre-4<sup>th</sup> and 5<sup>th</sup> step work (see the 5<sup>th</sup> Step Guide) and readings have been done - OR do on your own, per instructions at bottom. *You* choose how you want to perform your Fourth Step. Due to trauma some women feel better doing this with their sponsor, which is a subjective choice that only a sponsee can make for themselves.

### Daily Work:

- Continue sending gratitude lists.
- Read the *Twenty-Four Hours a Day* book (in the morning, if possible).
- Read some of a spiritual book *in addition* the Bible/Quran/Torah/Upanishads/ Humanist/Buddhist tome (whatever your religion, or you, decree a Holy text). If you have no specific religious or spiritual beliefs, I recommend books on quantum physics, nonduality, astronomy, nature, or meditation techniques – though these are just suggestions (you choose).
- A meeting every day unless you have already completed 90 in 90. If so, a minimum of six meetings per week.
- Prayer (and/or meditation, spiritual study, etc.) at least twice a day.

### Step Four Work:

- Read the *Twelve Steps and Twelve Traditions* chapter on Step Four to review together next time.
- Read the Fourth/Fifth Step chapter in *The Steps We Took*.
- Doing your fourth step inventory alone prior to the 5<sup>th</sup> Step: *It is recommended to work in a private room, but a place where others are there if needed. Whether this be at an Alano club, a friend or relative's house, or a spiritually-based place of worship. If this is not an option and you feel overwhelmed with emotions, reach out by phone.*

YOU CAN DO IT ☺

Recovery Resources for Women: [www.xyZrecovery.com](http://www.xyZrecovery.com)