

AA Fourth Step Worksheet Answer Key PDF

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Part 1: Building a Foundation

What is the primary purpose of the Fourth Step in Alcoholics Anonymous?

undefined. A) To make amends to others

undefined. B) To perform a fearless moral inventory of oneself ✓

undefined. C) To admit powerlessness over alcohol

undefined. D) To meditate and improve conscious contact with a higher power

The primary purpose of the Fourth Step is to perform a fearless moral inventory of oneself.

Which of the following are sections typically included in a Fourth Step Worksheet? (Select all that apply)

undefined. A) Resentments ✓

undefined. B) Financial Inventory

undefined. C) Fears ✓

undefined. D) Sexual Conduct ✓

Sections typically included are Resentments, Fears, and Sexual Conduct.

Explain why self-reflection is important in the Fourth Step of AA.

Self-reflection is crucial as it allows individuals to gain insight into their behaviors and motivations, fostering personal growth.

List two emotions that the Fourth Step Worksheet helps individuals explore.

1. Emotion 1

Guilt

2. Emotion 2

Shame

The worksheet helps individuals explore emotions such as guilt and shame.

How does the Fourth Step contribute to spiritual growth within the Twelve Steps?

undefined. A) By encouraging meditation

undefined. B) By fostering self-awareness and accountability ✓

undefined. C) By promoting community service

undefined. D) By requiring regular attendance at meetings

The Fourth Step contributes by fostering self-awareness and accountability, which are essential for spiritual growth.

Part 2: Understanding and Interpretation

In the context of the Fourth Step, why is it important to identify one's role in conflicts? (Select all that apply)

undefined. A) To blame others for personal issues

undefined. B) To understand personal contribution to problems ✓

undefined. C) To foster personal growth and change ✓

undefined. D) To avoid repeating the same mistakes ✓

Identifying one's role helps in understanding personal contributions to problems and fosters growth.

Describe how identifying patterns in behavior can help someone in recovery.

Identifying patterns allows individuals to recognize triggers and make conscious choices to change their behavior.

What is a potential outcome of completing a thorough Fourth Step inventory?

undefined. A) Increased resentment towards others

undefined. B) Greater understanding of personal strengths and weaknesses ✓

undefined. C) Immediate resolution of all personal issues

undefined. D) Complete independence from the AA program

A potential outcome is a greater understanding of personal strengths and weaknesses.

Part 3: Application and Analysis

Imagine you are working through a Fourth Step Worksheet. Which of the following actions would help you apply the concepts effectively? (Select all that apply)

undefined. **A) Reflect on past conflicts and your role in them ✓**

undefined. B) Ignore emotions that make you uncomfortable

undefined. **C) Seek feedback from a sponsor or mentor ✓**

undefined. **D) Write down fears and analyze their origins ✓**

Effective actions include reflecting on past conflicts and seeking feedback.

Provide an example of a situation where identifying a resentment helped you change your behavior.

Identifying a resentment can lead to insights that prompt behavioral changes.

Which of the following best describes how you might use the Fourth Step to improve a strained relationship?

undefined. A) By focusing solely on the other person's faults

undefined. **B) By understanding and addressing your own contributions to the strain ✓**

undefined. C) By avoiding any discussion of past issues

undefined. D) By insisting the other person completes a Fourth Step as well

The best approach is to understand and address your own contributions to the strain.

Analyze how fear can influence behavior and decision-making in the context of addiction recovery.

Fear can lead to avoidance behaviors and hinder decision-making, impacting recovery negatively.

Part 4: Evaluation and Creation

Evaluate the effectiveness of the Fourth Step in promoting long-term recovery. What are its strengths and potential limitations?

The Fourth Step is effective in promoting self-awareness and accountability, but may be challenging for some individuals.

Propose two strategies for someone struggling to complete their Fourth Step inventory.

1. Strategy 1

Seek support from a sponsor.

2. Strategy 2

Break the inventory into manageable parts.

Strategies may include seeking support from a sponsor and breaking the inventory into manageable parts.

Which approach is most effective when addressing resentments in the Fourth Step?

undefined. A) Ignoring them until they go away

undefined. B) Confront the person directly without reflection

undefined. C) Reflect on personal contributions and seeking understanding ✓

undefined. D) Writing them down and forgetting about them

The most effective approach is reflecting on personal contributions and seeking understanding.