

## AA Step 4 Worksheet

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### Part 1: Foundational Knowledge

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#### What is the primary purpose of Step 4 in the Alcoholics Anonymous program?

*Hint: Think about the main focus of Step 4.*

- A) To make amends to others
- B) To conduct a fearless moral inventory of oneself
- C) To share experiences with others
- D) To abstain from alcohol

#### Which of the following are components of the moral inventory in Step 4? (Select all that apply)

*Hint: Consider the aspects of personal reflection involved in Step 4.*

- A) Resentments
- B) Fears
- C) Financial planning
- D) Sexual conduct

#### Explain why honesty is crucial when conducting the moral inventory in Step 4.

*Hint: Consider the impact of honesty on self-reflection.*

#### List two common challenges individuals might face when completing Step 4.

*Hint: Think about emotional and psychological barriers.*

1. Challenge 1

2. Challenge 2

## Part 2: comprehension

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**How does identifying resentments in Step 4 help an individual in their recovery process?**

*Hint: Consider the emotional impact of resentments.*

- A) It allows them to blame others for their addiction
- B) It helps them understand and let go of negative emotions
- C) It provides a reason to avoid certain people
- D) It encourages them to hold onto past grievances

**What role does a sponsor play in Step 4? (Select all that apply)**

*Hint: Think about the support system in AA.*

- A) Providing guidance and support
- B) Completing the inventory for the individual
- C) Offering a different perspective
- D) Judging the individual's past actions

**Describe how the process of writing the inventory can lead to emotional and spiritual insights.**

*Hint: Consider the reflective nature of writing.*

### Part 3: Application

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**If someone identifies a fear of failure during their moral inventory, what might be a constructive way to address this fear?**

*Hint: Think about positive coping strategies.*

- A) Avoid taking any risks
- B) Ignore the fear and focus on other issues
- C) Set small, achievable goals to build confidence
- D) Blame others for past failures

**How can understanding one's past sexual conduct contribute to personal growth in recovery? (Select all that apply)**

*Hint: Consider the lessons learned from past behaviors.*

- A) By recognizing patterns of behavior
- B) By identifying and addressing harm caused
- C) By justifying past actions
- D) By avoiding similar mistakes in the future

**Provide an example of how someone might use insights from their Step 4 inventory to improve a current relationship.**

*Hint: Think about specific actions that can be taken.*

### Part 4: Analysis

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**What is the relationship between identifying fears and achieving personal growth in Step 4?**

*Hint: Consider how fears can impact personal development.*

- A) Fears are irrelevant to personal growth

- B) Identifying fears can help overcome them and promote growth
- C) Fears should be ignored to focus on strengths
- D) Fears should be shared with everyone to gain sympathy

**In what ways can resentments impact an individual's recovery journey? (Select all that apply)**

*Hint: Think about the emotional effects of holding onto resentments.*

- A) They can create barriers to forgiveness
- B) They can motivate positive change
- C) They can lead to relapse if not addressed
- D) They can strengthen relationships

**Analyze how a lack of honesty during the inventory process might affect an individual's progress in the AA program.**

*Hint: Consider the importance of self-awareness in recovery.*

## Part 5: Evaluation and Creation

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**Which approach is most effective for dealing with identified harms to others in Step 4?**

*Hint: Think about the importance of accountability.*

- A) Ignoring them to avoid conflict
- B) Acknowledging them and planning to make amends
- C) Blaming others for the harm caused
- D) Keeping them secret to protect oneself

**How might someone creatively use their Step 4 insights to inspire others in their recovery journey? (Select all that apply)**

*Hint: Consider ways to share experiences and insights.*

- A) Sharing their story in meetings

- B) Writing a blog or book about their experiences
- C) Keeping their insights private
- D) Mentoring newcomers in the program

**Evaluate the potential long-term benefits of completing a thorough and honest Step 4 inventory.**

*Hint: Consider the impact on personal growth and relationships.*

**Design a personal action plan based on the insights gained from a Step 4 inventory that addresses both personal growth and relationship improvement.**

*Hint: Think about specific goals and actions.*