

AA Step 4 Worksheet Questions and Answers PDF

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Part 1: Foundational Knowledge

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

■ The primary purpose of Step 4 is to conduct a fearless moral inventory of oneself.

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 ✓

■ Components of the moral inventory include resentments, fears, and sexual conduct.

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

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

Honesty is crucial as it allows for a true understanding of oneself and promotes genuine growth.

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

Hint: Think about emotional and psychological barriers.

1. Challenge 1

Fear of facing past mistakes

2. Challenge 2

Difficulty in being honest with oneself

Common challenges include fear of facing past mistakes and difficulty in being honest with oneself.

Part 2: comprehension

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

Identifying resentments helps individuals understand and let go of negative emotions, facilitating recovery.

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

A sponsor provides guidance, support, and a different perspective during Step 4.

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

Hint: Consider the reflective nature of writing.

Writing the inventory allows individuals to process their thoughts and feelings, leading to deeper emotional and spiritual understanding.

Part 3: Application

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

Setting small, achievable goals to build confidence is a constructive way to address the fear of failure.

**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 ✓**

Understanding past sexual conduct can help recognize patterns of behavior and address harm caused.

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.

Insights from the inventory can lead to open communication and addressing past grievances in a relationship.

Part 4: Analysis

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

Identifying fears can help overcome them and promote personal growth.

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

Resentments can create barriers to forgiveness, motivate positive change, and lead to relapse if not addressed.

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.

A lack of honesty can hinder self-awareness, leading to unresolved issues and stunted progress in recovery.

Part 5: Evaluation and Creation

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

Acknowledging harms and planning to make amends is the most effective approach.

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 ✓**

Sharing their story, writing a blog or book, and mentoring newcomers are creative ways to inspire others.

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

Hint: Consider the impact on personal growth and relationships.

Completing a thorough and honest Step 4 inventory can lead to greater self-awareness, improved relationships, and sustained recovery.

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.

A personal action plan should include specific goals for personal growth and strategies for improving relationships based on insights from the inventory.