

Step 4 Made a searching and fearless moral inventory of ourselves

4C Let's look at another word in that sentence: inventory

The next question after struggling with the word moral is how to do an inventory. One method of working this step is to list all one's resentments and fears and one's part in each. That works for some people who are primarily driven by anger. (Resentment is anger held past a sleep cycle). Other people find that such a method does not work for them

It is also possible to do a full confession of what one has done "wrong" in life, and not have that confession change anything. Many of us grew up with those who went to such weekly confessions and can see what effect they have. What is my experience with listing where I have gone wrong or doing a confession?

In SAA we are given the opportunity to inventory our lives on three levels.

Actions and the consequences

Why we chose those actions

What drives us to keep making those choices

Many people inventory the actions in Step One. In Step Four, we get the opportunity to look at why we chose those actions. Our moral choices drive our actions and our actions illustrate our morals. Our choices keep us from living the "turning of my will and my life over to the care of a higher power". What actions if inventoried show the patterns of my choices and addiction?

Our sex addiction is a symptom, not a root cause. Because our character drives us to make choices which cause actions, we need to look at how we make decisions.

Why did I choose to act out? It can help to look at examples of acting out and look at why we chose that action at that time.

Some causes can be: lingering resentments over physical and sexual abuse, seeking comfort in abandonment, rejecting a vengeful god, seeking my own enjoyment, other resentments, anger, not even listening to a higher power, hiding from all the fears, and fear of consequences and abuse.

example 1

example 2

example 3