

Step 4 Made a searching and fearless moral inventory of ourselves

4G Drive - Neglect

The fourth step is a process of finding out about who and what we are. In order to become better human beings, we need to know where we are starting from.

Neglect is often the hidden issue in addiction. For many of us, we started our addiction because other needs were neglected. Current neglect is due to a habit of ignoring my needs. (Valid needs are: food, physical care, medical attention, touch, relationships, rest, safety, spiritual connection, & emotional healing.) The moral issues are: Neglect often leads to improper hungers where we take from others to fill that hole inside us (binge); in our addictions, we often neglect those dependent on us and can leave serious harm; neglect can also be a way of self harm.

Inventory how I have been neglected in opposition to what my higher power wanted:

What instances of neglect did I experience growing up? How did this neglect teach me to look to my addiction to cope?

In my addiction, how have I neglected the needs of others (especially victims) and what have been the consequences?

How have I neglected my needs as an adult? What patterns of neglect, what uncaring relationships am I in, and how have I structured my life to continue to neglect my needs (such as placing demands of work above my own needs)?

How have I binged to try to fill a need that I was neglecting? What connection does neglecting my needs have with my addiction (ex. H.A.L.T. Fear)?

How have I neglected my hopes and dreams for life?

How can I tell when I am neglecting my needs or the needs of someone dependent on me?

What would it be like to live as if a higher power truly cares for me? What do I need to do today to take care of myself?