

Step Four

April 1

“Made a searching and fearless moral inventory of ourselves”

This is the step that sends fear into the hearts of just about every newcomer who walks into recovery. It's no wonder that this is where many slip away rather than face important but unpleasant facts about themselves

Before recovery we were sure we would die if we faced what we've done. Years of hiding secrets reinforced the notion that no one could have ever suffered shame, humiliation, or harm as we did. But again, we were mistaken.

One fact is certain: we are better than we think we are. Instead of allowing fear to overwhelm us, we are comforted in Steps Two and Three and are no longer walking nor living our lives alone as our Higher Power is guiding our path.

Step Four is nothing more than a *fact-finding mission*, the gateway to the freedom we want more than life. This is our opportunity to clean house. And so, we delve deep to expose what happened in our addiction, how it affected us, who was hurt, and the role we played. This is the first time many of us have looked, clear-eyed and sober, at our flaws without the distorting filter of our drug of choice. It may also be the first time we have acknowledged the assets that confirm we are redeemable.

With help from a sponsor, we throw out everything detrimental to our inner-light, making room for a Higher Power who stands in waiting, ready to work with us.

We ready ourselves with a prayer for the freedom and acceptance sure to come in Step Five. As we take inventory of who we are with honesty, openness, and

the willingness to see we are comforted, ready to grow in courage, tenacity and the faith to face all we are.

TODAY'S MEDITATION

I see now this is but a beginning of a new freedom and a new happiness. As I face my own honest inventory, I acknowledge there is a lifetime of work to do, but I walk on faith, no longer afraid.

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"Forgive the past. It is over. Learn from it and let go... Do not cling to a limited, disconnected, negative image of a person in the past. See that person now. Your relationship is always alive and changing." — Brian L. Weiss

