

LET'S GET READY TO WORK STEP FOUR. "MADE A FEARLESS AND SEARCHING MORAL INVENTORY OF OURSELVES."

There are many different ways to work Step Four in CoDA. We lovingly offer this as another tool. We hope it will be a gentle but effective approach to discovering what may be standing in the way of having healthy and loving relationships with others and ourselves.

The next set of questions will lead you thru the CoDA Blue Book for the background information and insights needed to thoroughly work this Step. We will be adding valuable tools to your toolbox like respectful detachment, setting healthy boundaries, & practicing healthy communication skills.

It is important to recognize there are seven major areas of inner healing needed on your journey of recovery. From now on, every life lesson you encounter will be asking you to "peel the layers of the onion" to grow in these areas:

- a) Healthy Boundaries
- b) Healthy Communication Skills
- c) Loving Ourselves Unconditionally
- d) Grief Work – Experience Original Pain
- e) Reparenting Our Inner Child
- f) Integrating Disowned Parts
- g) Positive Self Worth

Don't get discouraged or bogged down with the details of these topics right now. You just need to be aware these seven individual areas are important. Don't get stuck in them. That would stall your recovery.

The primary purpose right now is to continue working on Step Four. As you work the rest of the Twelve Steps, you will see yourself healing in all these areas.

Be patient. Be diligent. Keep track of your progress on your Daily Program Journal!

31. From now on, everyday, develop the habit of working Steps 1, 2, & 3 in the morning when you awake and Steps 10, 11, & 12 to the best of your ability in the evening when you go to bed. How did you do with keeping track of your recovery on your Daily Program Journal last month? Go over it with your sponsor at the end of each month. Remember: Progress, Not Perfection.
32. OK, here we go. Read Step Four in the CoDA Blue Book on pages 39-47 to get the big picture of this step. What attitude are we striving to have while we do our inventory? How can you use Steps One, Two, and Three to do Step Four?
33. This inventory process is one of the most loving things we can do for ourselves. You are about to embark on a GREAT ADVENTURE! Are you excited to discover the lost parts of yourself? Write in detail in your journal about a past adventure that you truly enjoyed.
34. As we become more accountable for our behaviors and actively work to change them, our fear and shame subside. Would you like to develop a recovery toolbox to change your thinking and actions to abstain from acting out bottom-line behaviors if you are triggered in the future? What tools would you like to put in it?
35. Read page 115-116 "What Is Meant By Bottom-Line Behaviors?" What eight triggers are listed in this section? What is a codependent trigger? How are they detrimental to your emotional sobriety? Do you identify with any of them? Discuss.
36. Your courage to complete your 4th Step doesn't come from the absence of fear but your willingness to walk through it. Ponder

and discuss in your journal the recovery saying: “F-E-A-R stands for Face Everything and Recover.”

37. Re-read the last paragraph on page 39 in the CoDA Blue Big Book. What is your 4th Step focus? What is your direction? Discuss why this inventory must be only of yourself.
38. Read on page 117 “What is a shame spiral?” What seven action steps do we need to take to counteract a shame spiral? Write about these steps in your journal. Put them in your toolbox.
39. What are the four synonyms for the word: “MORAL?” Are you willing to be a) honest, b) straightforward, c) fair, and d) open with yourself about your past behaviors? Not critical of yourself? or harsh or abusive? Is it ok with you for the uncomfortable feelings you have been avoiding for so long to come up to the surface now to be healed?
40. Re-read the second paragraph on page 40 the starts off, “If this was to be a thorough inventory...” What does the principle of “balance” mean to you? In a thorough inventory, we are encouraged to list both our assets and our liabilities. Name five attributes that you really like about yourself. Can you name some more? Keep this POSITIVE list in your journal. We will be adding to this list from time to time.
41. Our purpose is to discover the source of our own codependent characteristics. In order to do this, we must be patient, loving, and forgiving of ourselves as we begin this road to recovery. Which of these traits would you like to be strengthened in you?
42. Read pages 102-104 “What does childhood have to do with our lives today?” We are searching for clarity. As we take a long hard look at ourselves, deeply buried feelings begin to surface bringing about the awareness that in the past we have acted as victim or victimizer due to our childhood experiences. Write in your journal the feelings & insights that came up for you. Share with your sponsor or nonjudgmental friends from your meetings.
43. Read the rest of page 40. Meditate on the words “SPIRITUAL JOURNEY.” In your meditation, vibrantly visualize yourself in a deep cleansing process. Write in your journal (or draw a picture) what comes up for you.
44. In your journal describe your recent experiences of trusting the care of your loving Higher Power. Who else in your life do you know that has demonstrated gentleness and care in their relationships with themselves and others? Would you be willing to use these examples of gentle & loving attributes as a role model for your own recovery?
45. Read pages 105-106 “What is the Child Within?” Are you willing to embrace and accept this part of you that is often unpredictable? Do you want to get back in touch with experiencing the innocence of life, curiosity of nature, and the spirit of who you are?
46. Read pages 106-107 “What is meant by parenting ourselves?” Write in your journal your deep feelings and needs. Write a letter to your loving parent asking to get your needs met. <see example> Discuss with your sponsor.

((Letter to Loving Parent))

Today's Date:

To My Loving Parent,

I recognize you. You are the loving VOICE I hear inside...

...and I am depending on you to help me to be gentler with myself..... and more accepting of myself.

Help me be an active listener to what I'm telling myself about myself. Help me be willing to challenge my critical inner voice and to care for my precious child within.

Please challenge me to try if I am apathetic but also help me give myself a break if I judge myself too harshly. Help me to stay in touch with my feelings and needs and take very good care of myself with self-love and serenity.

Help me remind myself that I do have worth and value. Help me to be patient and find balance knowing I can make it through and I am GOOD enough.

Help me focus on PROGRESS ... NOT PERFECTION.

With trust and gratitude,

<My Self/Name>

47. Re-read page 41 in the CoDA Blue Big Book. Step Four is a form of emotional surgery. It will require gentleness and care. We are learning to separate and appreciate our innate goodness from our unhealthy thoughts and behaviors. Visualize yourself going thru emotional surgery and always treating yourself with gentleness and care. Write in your journal what came up for you in your visualization. Starting today put aside any and all self-condemnation.

48. Read the last paragraph on page 41 plus pages 42-43. Read the list of codependent behaviors out loud. Write in your journal what came up for you. Discuss with your sponsor.

49. Re-read the bottom half of page 42. We have all reacted or responded to mistreatment by others and so it's easy to rationalize or justify some of our codependent behaviors. How does this only serve to maintain and continue your codependency? There are always two sides to every situation. Are you willing to look at your part in the dance?

50. Read pages 108-112 "What are boundaries?" Why is it our responsibility to set & maintain them? Discuss the saying, "NO" is a complete sentence.

51. Next time you watch yourself getting angry or uncomfortable, ask yourself "where do I need to set a better boundary to take better care of myself?" Discuss.

52. Re-read page 108 "What are boundaries?" This is a major area of recovery from codependency. Discuss the concept of external & internal boundaries. Say out loud over and over to yourself, the five quoted internal boundaries:

- "I know where I stop and you begin."
- "I know what is my business and what is none of my business."
- "I know the difference between my emotions and others emotions."
- "I recognize what is and what is not my responsibility."
- "I am aware what is and what is not comfortable or safe for me."

Who comes up for you when you read these boundaries? How do you feel when you visualize yourself saying these boundaries silently or out loud to another person? Write about this experience in your journal. Put these internal boundaries in your toolbox.

53. Re-read the top paragraph on page 109 "What are boundaries?" Think about your physical boundaries at home, work, traveling & recreation, etc. Include the dimensions of healthy exercise, nutrition, plus having healthy time & financial boundaries. What are you comfortable with? What are you uncomfortable with? Write about this in your journal.

54. Re-read the second & third paragraph on

page 109 plus the top of page 110 “What are boundaries?” Discuss sexual boundaries. Have you experienced any abuse or boundary violations in these areas? Write about this in your journal.

55. Re-read the middle paragraph on page 110 “What are boundaries?” Discuss internal boundaries. What is “self-containment”? How can you insure that your self-worth is not diminished by another person’s words or behavior? What visualization can you use to protect yourself so you “do not internalize” what is said until you can determine if any of it “rings true” for you?
56. Read the bottom paragraph on page 110 “What are boundaries?” What is a healthy amount of personal or financial information to share with an intimate partner? Close friend or family member? Children? Companions? Or New Acquaintances? Write your insights and any new awarenesses in your journal.
57. Read the first paragraph on page 111, “What are boundaries?” Are you willing to be responsible for your own emotional, mental, and spiritual boundaries? Discuss this idea, “We allow others to have their own thoughts, feelings, opinions, behaviors, beliefs, and spirituality.” Share what comes up for you.
58. Read the second paragraph on page 111, “What are boundaries?” Ponder the saying, “If someone hasn’t dealt with their own lack of boundaries, they probably will not recognize boundaries in others.” Practice communicating a healthy boundary out loud in a “gentle and firm” way. Share your new boundary with your sponsor.
59. Re-read the second paragraph on page 111, “What are boundaries?” Discuss the difference between a “boundary” and a “wall.” When is a “wall” necessary & appropriate? When is a “wall” a detriment to our ability to have healthy relationships?
60. The most important point to remember in establishing boundaries is that we need to listen to and fully consider our own feelings first—not other people’s. Discuss the reason why, as recovering codependents, we need to continually rediscover boundaries and practice setting them.
61. Read the CoDA pamphlet on Setting Healthy Boundaries. Obtain a copy from the literature person at your meeting. Discuss with others at your meeting.
62. Write a list of loving goals for yourself. Name three ways you would like to take better care of yourself 1) PHYSICALLY 2) EMOTIONALLY 3) INTELLECTUALLY 4) SPIRITUALLY 5) SEXUALLY 6) FINANCIALLY & 7) TIMEWISELY. Share with your sponsor. Put the list in your God Box. Ask your Higher Power for help achieving these 21 new “boundary” goals. Do your part. Then “Let Go, & Let God.”
63. Are you willing to care for yourself and know peace? With practice, setting boundaries comes more easily. Learning to set healthy boundaries helps us free us from our life-long patterns of codependency. Today, with confidence and self-care, PRACTICE setting three healthy boundaries out loud while looking at yourself in a mirror.
 - “I love myself, therefore... “
 - “I love myself, therefore... “
 - “I love myself, therefore... “

Discuss with your sponsor what that was like for you.
64. Balance is the key to working the Fourth Step. We are encouraged to list our assets

and our liabilities. Name five more attributes that you really like about yourself. Add them to your POSITIVE list in your journal. Share with your sponsor.

65. Read the list of codependent behaviors again on page 42. Describe what each behavior could look like within PHYSICAL, EMOTIONAL, INTELLECTUAL, SPIRITUAL, & SEXUAL boundaries.

Let's take "LYING" for example:

- Lying physically might be hiding my actions from others.
- Lying emotionally may be telling myself or others "I'm FINE", when I'm not.
- Lying intellectually may be expressing a lie overtly or covertly to manipulate the flow of information.
- Lying spiritually may be believing "I'm not enough" or believing "I'm a mistake".
- Lying sexually may be saying yes when I really meant to say no.

Now explore your own meanings to all the words on this list. Did you think of any more unhealthy behaviors?

66. Re-read the codependent behavior list on page 42. Have you ever treated God, yourself, or others in these ways? While you're doing this, if anger, fear, or shame comes up (sometimes called the "codependent crazies") write about it, pray about it, and turn it over by putting your issue in your God Box (Step One, Step Two, Step Three). Discuss with your sponsor and share your insights at a CoDA meeting. (4th Step Behavior Matrix)
67. Read the three sections on pages 112-113 "What is enmeshment?" "What is detachment?" "What is the difference between detachment and avoidance?"

Where do healthy boundaries fit into this topic? Write in your journal. Discuss with your sponsor.

68. It is imperative to develop healthy communication boundaries in all our personal interactions. All of us suffer from this "dis-ease" of perception to some degree. We all have stuff. When we change our inner talk and outer talk from "you" statements to "I" statements, then we say "I noticed," "I feel," & "I need..." This brings clarity and boundaries so you can more easily identify what is "your" stuff and what is the "other person's" stuff.
69. Discuss the saying "Clarity is loving and mixed messages are abusive." Has anyone ever given you a vague or mixed message? How did that feel? What was the outcome? How would "clarity" have worked better in that situation? Write about it in your journal.
70. Obtain the pamphlet "Communication & Recovery" from your CoDA literature person. Straight-talking, asking for clarity, and practicing healthy communication skills are all part of a solid foundation for your recovery program. Write about this in your journal.
71. How does blaming, criticizing, and/or making demands undermine healthy & loving communication? Are you willing to negotiate in your relationships with others? Discuss. Write about this in your journal.
72. So far we have discussed healthy communication skills, healthy boundaries, and reparenting your inner child! Put these big tools in your toolbox. As you go forward, you will begin to see that a) loving ourselves unconditionally, b) developing a positive self-worth and c) integrating our disowned parts are also very closely

related... Put these in your toolbox, too!
Write about this in your journal.

73. In recovery we become willing to “re-experience” our original pain.... To let the iced up, frozen feelings of our past begin to melt away so that eventually only love and peace remains within us. It’s the grieving process and it is only possible to do this deeply if you truly love yourself unconditionally! Discuss the principle of unconditional love. Write about this in your journal.
74. Discuss this affirmation:”The pain that I might feel by remembering cannot be any worse than the pain I feel by knowing and not remembering.” Write about what this affirmation brings up in your journal. Discuss.
75. Are you willing to grieve what didn’t happen to you in your past? The Grieving Process Stages: denial, bargaining, anger, depression, and then acceptance. We learn to accept our past just as it happened. To “accept” does not mean we have to like it. When we accept what happened and see how we responded, we gain clarity. When we accept our true feelings about the past and grieve the loss of what didn’t happen, it loses its power over us. Put “THE GRIEVING PROCESS” in your toolbox. Write about this in your journal.
76. Read pages 122-123 “How do I apply my recovery to my relationships?” All healthy relationships require our consistent time, patience, attention, and nurturing. Discuss how you can:
- Learn to effectively set healthy boundaries
 - Learn to communicate with others safely and respectfully
 - Learn to responsibly share my feelings, wants, and needs in relationship
77. Re-read pages 118-120. “What Are Physical And Aggressive Forms Of Abuse And Control?” & “What Are Non-Physical And Passive Forms Of Abuse And Control?” Review again for your Fourth Step Inventory.
78. Read page 47. What is the definition of the word “humility?” It is a guiding principle of our spiritual recovery. How is humility:
- opposite of judging & criticism?
 - opposite of “better than/less than” roles?
 - opposite of “rightness/wrongness” attitudes?
 - opposite of “blame/shame?”
 - opposite of “control/manipulation?”
- How does humility relate to equality? Discuss. Write about this in your journal.
79. There are many methods to complete Step Four. There is no “right” or “wrong” way. We will be using a matrix to examine our relationships, both present and past. Review page 44-45. We will begin with the next question... You can do this! You are worth it!
80. Take a deep breath. We are going to take “baby steps.” We must rely on our Higher Power to lead us on this difficult inward journey. Go back and review your answers from Question #3. “Which codependent patterns & characteristics describe yourself? What devastating losses have brought you to CoDA?” -- Who are the people you were involved with in those painful relationships?
81. Take blank paper and make 5 columns. Now in the LEFT-HAND column write the names from the last question (and the relationship: mom, dad, friend, boss, etc.)

vertically. Leave lots of space to write. Make sure that you have put yourself and your Higher Power at the top of your list! Each person could have their own page if you want.

82. Also include your mate, ex-mates, children, friends, family members, coworkers, and people with whom you participate in your various activities. How many people are on your list?

83. Does this seem like its overwhelming and an impossible task? You may ask, “When will I know that I am finished with my Fourth Step?” You will know is when you see your patterns repeating over and over and over again. Write about your current feelings and needs in your journal.

84. Are there any other people in your life (present and past) with whom you feel uncomfortable? Add them to your inventory.

85. The five columns across the top of each page will be:

- NAME/RELATIONSHIP
- MY PATTERNS
- MY ACTIONS & BEHAVIORS (refer to list on pg 42)
- MY UNDERLYING FEELINGS (sad, angry, frightened, fear of not being good enough, shame, guilty, defiant, arrogant, etc.)
- CONSEQUENCES TO THE RELATIONSHIP.

86. OK. Are you ready to begin writing the inventory? Take this slow and easy. You can do this! Set your timer and spend only 30 minutes a day. Start each session with a prayer inviting your Higher Power to look with you. Begin asking yourself these questions about each person on your list. We are going to take one pattern at a time. DENIAL PATTERNS: Did you ever have

trouble identifying how you were feeling in your relationship with this person? Did you ever minimize, alter or deny how you were truly feeling? As you do this searching and moral inventory, also write in all the columns to the right on your sheet: Write your codependent pattern/characteristic with this person (page 4). How did you act? (page 42) What were your underlying feelings that drove that codependent pattern? (Lonely? Guilt? Shame? Fear? Anger, Rage? Sadness?) What were the consequences to the relationship? [Are you getting the “hang” of this? If you need help, ask your sponsor for more clarity.] Call your sponsor daily with your progress.

87. DENIAL PATTERNS: Did you ever perceive yourself as completely unselfish in that relationship? Or did you see yourself as completely dedicated to their well-being? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.

88. Read pages 117-118 “What is projection?” How is projection a denial pattern? When we watch ourselves blaming & accusing others or see painful patterns repeating, we can recognize it as a “red flag.” We can perceive it as a blessing to help us recognize that we may be in “denial” of a disowned feeling or unresolved issue. Otherwise, how would we know? Why is healing our disowned parts vital to recovery?

89. What is the meaning of the saying “projection makes perception?” Discuss. Write your thoughts in your journal.

90. Read the first paragraph on page 46. What is meant when it says “putting another person’s face on an individual, not allowing

us to see their true selves?” Are you willing to discover how you unknowingly recreate similar or unhealthy and abusive patterns within your adult relationships? Are you willing to become responsible and accountable for these behaviors even though you learned them from your childhood?

91. Sometimes codependency has been described as the “Boney-Finger Disease.” Another saying is “If I can spot it, I got it!” Describe how these sayings relate to the inner work of Integrating our Disowned parts.
92. Continue with each person on your list going over the DENIAL PATTERNS: Did you ever feel used by this person? Did you give too much in the relationship? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.
93. Balance is the key to working this Step. We are encouraged to list our assets and our liabilities. Name five more attributes that you really like about yourself. Add them to your POSITIVE list in your journal. Share with your sponsor.
94. Continue with each person on your list going over the LOW SELF ESTEEM PATTERNS: Did you have difficulty making decisions with this person? Did you compare yourself to them or judge yourself as not being good enough? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.
95. Re-read the top paragraph on page 41. Why is it important to seek support and guidance from your sponsors, and recovery friends? Why is it crucial to know that you are not alone on your recovery journey? Who is part of your recovery fellowship network today?
96. Continue with each person on your list going over the LOW SELF ESTEEM PATTERNS: Were you embarrassed to receive recognition, praise, or gifts from this person? Were you unable to ask this person to meet your needs or wants? Did you value this person’s approval of your thoughts, feelings, or actions over your own? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.
97. Continue with each person on your list going over the LOW SELF ESTEEM PATTERNS: Did you have a relationship with this person because you needed them? Were you needy? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.
98. Balance is the key to working this Step. We are encouraged to list our assets and our liabilities. Name five more attributes that you really like about yourself. Add them to your Positive list in your journal. Share with your sponsor.
99. Continue with each person on your list going over the COMPLIANCE PATTERNS: Did you ever compromise your values or integrity to avoid rejection from this person? Did you ever compromise your values or integrity to avoid this person’s anger? Were you sensitive to this person’s feelings and assume their feelings? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.

100. Continue with each person on your list going over the COMPLIANCE PATTERNS: Were you extremely loyal? Were there any harmful situations? Describe. Did you stay too long? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.
101. Continue with each person on your list going over the COMPLIANCE PATTERNS: Did you place a higher value on this person's opinions over your own? Did you place a higher value on this person's feelings over your own? Were you afraid to express a differing view point of your own? Were you afraid to express differing feelings of your own? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.
102. Continue with each person on your list going over the COMPLIANCE PATTERNS: Did you put aside your personal interests and hobbies to do what this person wanted? Continue with each person on your list. Keep completing the columns to the right on your sheet.
103. Continue with each person on your list going over the COMPLIANCE PATTERNS: Did you accept sex as a substitute for love? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.
104. Balance is the key to working this Step. We are encouraged to list our assets and our liabilities. Name five more attributes that you really like about yourself. Add them to your POSITIVE list in your journal. Share with your sponsor.
105. Read page 120-121 "What is the difference between blame and accountability?" Discuss the saying "NO VICTIMS, ONLY VOLUNTEERS." What does a victim sound like? How do they talk? How do they act? What do they believe to be true? How does a martyr resemble a victim? Why is it a maze of our own creation?
106. Read page 47. Many of us learned "shame messages" about ourselves from our childhood. We confused "making" a mistake with "being" a mistake." These messages are categorically UNTRUE. How will practicing accountability and responsibility minimize our codependency & feelings of shame?
107. Continue discussing "What is the difference between blame and accountability?" What does taking responsibility sound like? How do responsible people talk? What do they act like? What do they believe to be true? When we stop longing for others to make us happy, we can look to ourselves and to our God. Write about this in your journal. Share your insights with your sponsor and at meeting level.
108. Discuss being a "rescuer". What are the imagined benefits of rescuing another person? How does a rescuer actually end up in the victim/martyr position? **Needs more work!**
109. Continue with each person on your list going over the CONTROL PATTERNS: Did you have a relationship with this person because they needed you? Were they "needy?" Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help,

ask your sponsor for more clarity.

110. Continue with each person on your list going over the CONTROL PATTERNS: Did you believe this person was not able to take care of themselves? Do you know better how this person should be living their life than they did? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.

111. Continue with each person on your list going over the CONTROL PATTERNS: Did you ever attempt to convince this person how they should think? Have you ever told this person how they did feel about a situation? Have you ever tried to convince this person how they should act or be living their life? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.

112. Balance is the key to working this Step. We are encouraged to list our assets and our liabilities. Name five more attributes that you really like about yourself. Add them to your POSITIVE list in your journal. Share with your sponsor.

113. Continue with each person on your list going over the CONTROL PATTERNS: Do you have any resentments toward this person? What are they? What vulnerable feelings are buried under your resentments? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.

114. Continue with each person on your list going over the CONTROL PATTERNS:

Have you ever judged them as not being good enough? Have you ever offered them advice and guidance without being asked? Have you ever felt frustration when they refused your offers to help? Have you ever felt anger or frustration when they saw the situation differently than you? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.

115. What is the difference between humble and arrogant? What is the difference between humility and humiliation? How can humility help us open the door to accepting & loving ourselves just as we are? Discuss.

116. Continue with each person on your list going over the CONTROL PATTERNS: Have you had problems with money with this person? Describe. Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.

117. Continue with each person on your list going over the CONTROL PATTERNS: Have you ever given a gift to this person and then had a resentment later? Have you done favors for this person and then had a resentment when they didn't reciprocate? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.

118. Do you have a need to be right? Were you taught that "being right" meant you were safe, powerful, and in control? It may feel frightening to imagine letting go of the need to be right, but this is an old behavior based on your childhood survival skills and it no longer serves you well. Discuss these ideas.

119. Continue with each person on your list going over the CONTROL PATTERNS: Do you have a struggle with “rightness/wrongness” with this person? Are you right and therefore they are wrong? Are they right and therefore you are wrong? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.

120. Worry or obsession is another characteristic we may have used to survive life. Do you have worries or obsessions? What do you think about during the day? If you can figure out everything that could possibly go wrong, then can you be prepared for everything? How’s that working out for you? Can you see that this is also a form of control?

121. Continue with each person on your list going over the CONTROL PATTERNS: And now about sex. Have you ever used sex or sexual innuendo to seek attention, approval, or acceptance from this person? Have you ever used your sexuality for gain or to bargain? Did you ever force yourself onto or try to sexually manipulate this person? Were you trying to change how you were feeling? Were you trying to change the way they were feeling? Continue with each person on your list. Keep completing the columns to the right on your sheet. If you need help, ask your sponsor for more clarity.

122. Balance is the key to working this Step. Celebrate that you have come this far. Name five more attributes that you really like about yourself. Add them to your POSITIVE list in your journal. Share with your sponsor.

123. Read pages 114-115 “Am I Ever Recovered

From Codependence?” and “What Is A Codependent Slip?” Write your feelings and needs in your journal. Discuss.

124. Do you see your codependent patterns repeating over and over again as common threads in your relationships? Read the last paragraph on page 47 in Step Four. Discuss what it means when it says, “From the place of humility, we’ve become ready to complete Step Five.”

125. You have come an incredible distance on your road of recovery thus far. **CELEBRATE THAT YOU HAVE FINISHED STEP FOUR!** Remember: You are on the downhill slide! Are you willing to commit to another 30 questions to work Step Five, Six & Seven?