

II

PART II

SESSIONS 8 - 12

STEP 4

RELAXATION FOCUS – MEDITATIONS / PRAYERS

RESENTMENT:

We asked God [of our understanding] to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, “This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.” (67: 0)

[Optional: If you have a resentment you want to be free of, if you will pray for the person or thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don’t really want it for them and your prayers are only words and you don’t mean it, go ahead and do it anyway. Do it every day for two weeks, and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love. (Freedom From Bondage, 552: 1)]

FEAR:

We let Him [higher power of our understanding] demonstrate, through us, what He can do.

We ask Him to remove our fear and direct our attention to what He would have us be.

At once, we commence to outgrow fear. (68: 3)

RELATIONSHIPS INCLUDING SEX:

We asked God [of our understanding] to mold our ideals and help us to live up to them. (69: 2)

In meditation, we ask God what we should do about each specific matter. (69: 3)

We let God be the final judge. (70: 0)

STEP 4 ASSETS AND LIABILITIES CHECKLIST

Also STEP 10 DAILY WRITTEN INVENTORY

We look at, "What qualities do I have that I like? That others like?" And we look at, "What qualities do I have that do not give me or others peace of mind?"

[Optional: Adapted from a June 1946, A.A. *Grapevine* article describing a **Character Assets and Character Liabilities Checklist**, such as Dr. Bob and many of the early AA's used to take newcomers through the Steps. See also He Sold Himself Short. (263: 0, 1, 2) Consider adding fear, selfishness, conceit, carelessness, intolerance, ill-temper, sarcasm, etc.]

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"Daily Moral Inventory Mail Call for All A.A.s at Home Or Abroad
Enclosed you will find a little card ... to make that moral inventory with regularity.
Mark W., Jackson, Mississippi

**"My Daily Moral Inventory [Day____] Month____ Year____
Check Results DAILY in Proper Column"**

ASSETS* (Character Assets)

LIABILITIES* (Character Defects)

[* Which traits work, and which do not work to give me serenity and peace of mind?]

Strive for

Watch for –

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| <ul style="list-style-type: none"> -Self forgetfulness [self-forgetting] -Humility -Modesty -Self valuation -Honesty -Patience -Love [courage] -Forgiveness [avoid retaliation] -Simplicity -Trust -Generosity -Activity -Promptness -Straightforwardness -Positive thinking -High-minded, spiritual, clean thinking -Look for the good <ul style="list-style-type: none"> -Eliminate the negative -Accentuate the positive. | <ul style="list-style-type: none"> -Self pity -Self justification [self-centered] -Self importance [selfish] -Self condemnation -Dishonesty -Impatience -Hate [fear] -Resentment [anger] -False Pride -Jealousy -Envy -Laziness -Procrastination -Insincerity -Negative thinking -Vulgar, immoral, trashy thinking -Criticizing |
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CHECK THE SCORE EVERY NIGHT – TRY TO GET THE SLATE CLEAN