



*ACA No. California Intergroup 640 Newsletter April, 2018
Together We Can Achieve Anything!*

Affirmation – Fourth Step

These affirmations will help you understand that you have good qualities as you inventory your past behavior. After identifying your assets, sit quietly and say each one by repeating: “I am willing”, “I am trustworthy”, “I am loving” and so on. See the list of assets in the BRB pg. 188.

Step 4 Made a searching and fearless moral inventory of ourselves.

Step Four Work

While working Step Four and all of the ACA Steps, we encourage you to nurture yourself. We must balance this probing look at our behavior with gentleness. We must protect our Inner Child or True Self vigorously. At the same time, we cannot let discomfort or fear stop us from getting honest about our own behavior. BRB pg. 159

Step Four uses exercises to help you detail the effects of being raised in a dysfunctional family. The spiritual principles of Step Four are self-honesty and courage. We urge you to be honest and thorough, but also to be gentle with yourself during the inventory process. Most adult children have no problem listing their faults and feeling overly responsible for the actions of others. The key is to balance your positive qualities even if you think you have none. You have positive traits. These exercises will help you nurture yourself and balance your defects and your assets. BRB pg. 160

We recommend that you stay in contact with your sponsor or counselor as you go through the Step Four exercises. Use ACA meetings, the phone and e-mails to remain centered and focused on what you are doing. Step Four is your chance to detail what happened to you as a child. We go through this process in an atmosphere of love, understanding and support. That’s what is different today compared to when we were children and could not talk, trust or feel. In Step Four, we get to do all three with the support of ACA and our Higher Power. BRB pg. 160