

## Step 4-9 Back to Basics Emotional Sobriety OA

List all people that are most important to you and that you interact with on a daily basis including immediate family, co-workers and close friends, whether you have "resentments" or not with these people.	<p>Then ask yourself:</p> <ul style="list-style-type: none"> <li>Who would you not want to walk into this room and sit down next to you?</li> <li>Who do you avoid facing? List these people.</li> <li>Next list who you have strong negative feelings about and who is occupying much of your thinking.</li> <li>Do the same with businesses and/or institutions.</li> </ul>
Review the "Step 4 Definitions" included in your handouts.	
Beginning with the first person on your list, the sponsor or sharing partner asks: Are there any resentments with the relationship?	<p>Yes? Put a check in the appropriate box.</p> <p>Then the sponsor/sharing partner will ask:</p> <ul style="list-style-type: none"> <li>•What is the nature of the resentment?</li> <li>•How has the resentment manifested in this relationship?</li> <li>•How has it affected the relationship?</li> <li>•Has a harm been done?</li> </ul>
Is there any fear?	<ul style="list-style-type: none"> <li>What is the nature of the fear?</li> <li>How did it manifest in the relationship?</li> <li>How has it affected the relationship?</li> <li>Was a harm done?</li> </ul>
<p>Self-examination. How did your character weaknesses or strengths affect the situation?</p> <p>Who was affected by any resentments, fears, selfishness, dishonesty, pride/false pride, jealousy, envy or laziness?</p>	<ul style="list-style-type: none"> <li>What was the nature of the above character traits?</li> <li>How did it manifest in the relationship?</li> <li>How has it affected the relationship?</li> <li>Was a harm done?</li> <li>What outcome did I want in this situation and why?</li> <li>How did I try to control the situation?</li> <li>Was it any of my business?</li> <li>What actions did I take or omit to get what I wanted?</li> <li>Did I ignore reality?</li> <li>Were my expectations reasonable for myself and for others?</li> <li>Did I lie to myself or to others?</li> <li>Did I ignore the feelings of others and think only of myself?</li> <li>How did I act like a victim to control others, get attention and sympathy, be special, and so on?</li> <li>Did I resist help from God and others?</li> <li>Did I insist on being right?</li> <li>Did I feel slighted for lack of recognition or acknowledgment?</li> </ul>
Harms	A harm is: something that has caused someone actual suffering or loss, something that we have done that has had a negative effect on another.
Assets	<p>We grow by our willingness to face and rectify errors (liabilities) and convert them into assets.</p> <ul style="list-style-type: none"> <li>What should I have done instead?</li> <li>How would God have me be?</li> <li>If this happens again, how might I respond differently?</li> </ul>
Resentments	<p>We will strive for forgiveness.</p> <p>We ask: "Are you willing to forgive?"</p> <p>Are you willing with prayer to ask God for the willingness to forgive?</p>
Fears	<p>We need to ask God for faith.</p> <p>We ask: Are you willing to ask God to remove your fears?</p>
<p>Harms</p> <p>What amends need to be done?</p>	We ask our sharing partner: Do I owe an amends? If I have an outstanding apology, it must be made as soon as practicable once the review has been completed. We ask God's forgiveness and what corrective measures should be taken.
Step 6	We ask : Are you willing to let God removed from you all the things you find objectionable? Are you willing to ask God to help you let go of them? Pray to have the character defect removed.
Say the 7th step prayer	My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding." (76:2)
Share: "what do you have to be grateful for?"	
Be of service to others and help carry the message. Think of someone who you can help. "Love and service is our code."	

## **Step 4-9 Back to Basics Emotional Sobriety OA**

**Considerations:** The Big Book concludes the inventory section by saying: *"If you have already made a decision, (Step 3) and an inventory of your grosser handicaps (Step 4), you have made a good beginning. That being so, you have swallowed and digested some big chunks of truth about yourself."*

**Now ask yourself the following question:**

Have I knowingly omitted writing down anything I have done or left undone that makes me feel guilty, ashamed or separated from God, from people, or from myself?

If your answer is an honest "NO!" then we have completed Step 5

After you have completed the list and discussed the list with your sharing partner:

- Take time to quietly review the list with your higher power and thank your higher power for your sobriety and their support in developing comfortable and contented sobriety and for fitting yourself to be of service to others with this disease.

Following this step, the Big Book promises:

*"Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe."*