

Step 4 Made a searching and fearless moral inventory of ourselves

4B Lets start with the tough word in that sentence: Moral

Many of us don't know what to do with that word, moral. For a lot of us, we were taught a morality that condemned us because of our addiction. We were constantly beating up on ourselves because we did not match a merciless perfectionism. Such condemnation does not fit with recovery. Other people are very comfortable with using a predefined idea of morality and do not need to struggle with this word. Step four is a step of recovery, not of condemnation. That means that we need to find what "moral" means in recovery.

Prior to recovery, what defined morality for me? Where did morality come from for me?

Is that a definition of moral which builds me up?

Step 3 talks about turning my will and my life over to the care of a higher power. Even if I do not need to know what that higher power is, how can I turn the defining of what is moral over to my higher power?

By this point of your recovery, you may have had experience with some kind of transcendence or interaction with your higher power. What things show you that you are having an interaction with your higher power? What things have worked?

How can I find out what is in accordance with my higher power? What would be the first thing that needs to change to conform to a higher power's will?

As I watch other people get recovery, am I seeing people who still violate the perfectionism I used to ascribe to - but they are getting recovery and having changed lives? What does that say about how a higher power actually works? What hope does that give me?