

Step 4 Made a searching and fearless moral inventory of ourselves

4C Let's look at another word in that sentence: inventory

The next question after struggling with the word moral is how to do an inventory. One method of working this step is to list all one's resentments and fears and one's part in each. That works for some people who are primarily driven by anger. (Resentment is anger held past a sleep cycle). Other people find that such a method does not work for them

It is also possible to do a full confession of what one has done "wrong" in life, and not have that confession change anything. Many of us grew up with those who went to such weekly confessions and can see what effect they have. What is my experience with listing where I have gone wrong or doing a confession?

Another way is to list everything which pulls me away from my higher power. In this method, a moral inventory is an inventory of my relationship with my higher power. If my behavior has been not what my higher power wants me to be doing, what actions would need to be inventoried?

If my sex addiction is a symptom of other issues between me and my higher power, what kinds of things would be those "other issues"? What kinds of things have pulled me away from my higher power and what my higher power wanted me to be? Can I point to things that show why I did what I did? Some examples are: physical and sexual abuse, abandonment, rejecting a vengeful god, seeking my own enjoyment, resentments, anger, not even listening to a higher power.

example 1

example 2

example 3

example 4