

Step 4 Made a searching and fearless moral inventory of ourselves

4E Drive – Loss & Disconnectedness

The fourth step is a process of finding out about who and what we are. In order to become better human beings, we need to know where we are starting from. For many of us, that means looking at how disconnected we are - from others and from ourselves. The moral issues are: Losses often lead to acting as if we are entitled. Lack of grieving the losses often leads to living in denial or avoiding things close to that hurt. Disconnectedness often leads to treating others (or our self) as objects.

Inventory how I have not been living according to my higher power's wishes:
What losses have I experienced in life - of things I valued (such as things, jobs, money, etc.)

What relationships have I lost (both from natural causes and from my addiction)?

How have I caused other people to lose things they valued?

What dreams for my life have I lost?

In my addiction, how was I losing more and more of myself – becoming more and more disconnected from myself? How was I continuing to deny all that?

How have these losses affected my hopes for life or my opinions of myself and what I am capable of doing or being?

How have I hurt people while denying these losses?

How have I treated people (including myself) as objects?

What resentments do I have for all these losses?

What would it be like to be experiencing losses under the care and direction of my higher power?