

Step 4 Made a searching and fearless moral inventory of ourselves

4K Drive and motivations - Hunger

The moral issues with hunger lie in two areas: over indulgence and denial. Hunger has several components - physical, emotional, economic, intellectual, and spiritual (as well as sexual). All of these can be denied, allowed to fester, and break through to cause trouble or be over indulged in to cause other kinds of problems. Inventory how you have handled hunger in opposition to your higher power's wishes:

For each of these, have I operated in anorexia, or in over indulgence? How has my behavior in this area been part of my addiction?

Food

Emotional (denying emotions, stone cold, neediness, manipulation, throwing tantrums)

Economic (depriving myself, overspending, borrowing too much, taking from others, hoarding)

Intellectual (not feeding my mind, accepting another's intellectual dominance over me, taking what others developed as my own, walking over others to control them, hiding in fantasy, cheating)

Power (excessively meek, hiding from power, reveling in power over others, craving power)

Spiritual (denying spirituality, being a party animal, being monastic, using another's spiritual search for my economic or sexual gratification, being religious but never talking about the addictions)

Sexual hunger

How have I or others been hurt by my actions to fill my hunger?

What would it mean to look to my higher power's care for direction in these areas?