

# CZR Step Study

## Step Four – Week 1 of 7

*Made a searching and fearless moral inventory of ourselves.*

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

#### SELF-CARE NOTE:

If, at any time during this process, you feel overwhelmed by the work, by powerful emotions or memories that come up, take a break. Using a timer set for 5–15 minutes can be helpful. Reach out to someone (or several COSAs) in your group for support. Connect with your Higher Power in whatever way works for you. (By taking a walk, exercising, getting some sleep, meditating, praying, savoring some delicious chocolate, spending time with a pet, having a cup of your favorite beverage, taking a hot shower, or other Outer Circle activities...)

This is hard work, but it's also where you're going to really start seeing the program begin working for you. You all can do it! Each of us has our Higher Power using all the hands in our group to hold us up with love!

#### Rigorous honesty is key to recovery, which leads to freedom.

- Read *COSA Step Four* booklet/chapter up through the COSA Voices. See Step Study Resources on the [COSA Zoom Room](#) website for ordering information.
- Spend some time each day thinking about/meditating on the words of Step Four. After several days of meditation, pick one word that stands out to you, and write about that word (any length, any style of writing).<sup>1</sup>

#### Sobriety Circles Presentation:

- See Step Study→ Step Four→*Sobriety Circles Presentation* on the [COSA Zoom Room](#) website for the PDF.
- After hearing/seeing the presentation, use *The Circles Worksheet* Worksheet 1, pages 1–2 provided at Step Study→Step Four→Step Four Worksheets on the [COSA Zoom Room](#) website for the PDF.
- Add Outer/Green Circle activities — things that bring you joy/new recovery healthy behaviors that are nurturing.

<sup>1</sup> South Bay Step Group by Amy MJ and Brian T

## Please read and answer the questions below.<sup>2</sup>

These questions are prompts to help you recognize your thinking and behavior in relation to this Step. What matters most is how these concepts relate to your life. Be prepared to share your answers with your group.

- What (if anything) are you most afraid of about looking at your part in Step Four? How might this hold you back from doing this work? What (if anything) are you most afraid of in the process of sharing Step Five?
- How do you know when you are avoiding looking at or admitting something to yourself? How does it feel emotionally? Physically?
- What can you do if strong feelings come up as you work this Step? What are some strategies for taking care of yourself? (e.g. Safe or calming places to go? Safe people to talk to? Healthy activities/outer circle behaviors to engage in?)
- Are you having difficulty allowing your Higher Power into this process (of working on an inventory and/or of sharing that)? What can you do to address this?

### Forever Essential Assignments

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- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

## Recommended

- Read *Sobriety in COSA: Defining Our Three Circles and Bottom Line Behaviors*. See Step Study→Resources on the [COSA Zoom Room](#) website for ordering information.

## Optional

Enneagram tests. The Enneagram is a personality test that may be helpful to you as you seek to know yourself more fully and sort out your assets and defects. This may take more than one week to finish.

- [The Enneagram Personality Test](#)
- [Free Enneagram Personality Test | Crystal Knows](#)
- [Eclectic Energies Enneagram Tests \(free\)](#)
- [Take the Free Enneagram Personality Test](#)

<sup>2</sup> South Bay Step Group 2018—Amy MJ & Brian T



### Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, AI-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about the First Step.

# CZR Step Study

## Step Four – Week 2 of 7

*Made a searching and fearless moral inventory of ourselves.*

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

#### SELF-CARE NOTE:

If, at any time during this process, you feel overwhelmed by the work, by powerful emotions or memories that come up, take a break. Using a timer set for 5–15 minutes can be helpful. Reach out to someone (or several COSAs) in your group for support. Connect with your Higher Power in whatever way works for you. (By taking a walk, exercising, getting some sleep, meditating, praying, savoring some delicious chocolate, spending time with a pet, having a cup of your favorite beverage, taking a hot shower, or other Outer Circle activities...)

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#### COMPLETING THE ASSET INVENTORY:

- Complete *Assets and Liabilities Checklist*<sup>3</sup> Worksheet 2, pages 3–7 provided at Step Study→Step Four→Step Four Worksheets on the [COSA Zoom Room](#) website for the PDF.

**Please read and answer the questions below.**<sup>4</sup>

- What makes you feel safe sharing? Is there anything else you would like to ask the group for to feel safe in this process?
- If there is not enough time for you to share everything you've written, what is most important or helpful for you to share in your group about your work on this Step? (Keep in mind that what is most important or helpful is often what we are most ashamed of or fearful about sharing.) Consider sharing this at a COSA meeting as well.
- Were there any questions or concepts you struggled with, found confusing, or where you felt stuck?

<sup>3</sup> This has been circulating unofficially among AA members for at least 50 years in various versions.

<sup>4</sup> South Bay Step Group 2018—Amy MJ & Brian T

## Forever Essential Assignments

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- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

## Recommended

### Twelve Steps in 15 Minutes<sup>5</sup> Presentation

- See Step Study→ Step Four→*Twelve Steps in 15 Minutes* Presentation on the [COSA Zoom Room](#) website for the PDF.
- Complete at least one issue/concern in your life using the *Twelve Steps in 15 Minutes* Worksheet, Worksheet 3, pages 8–9 provided at Step Study→Step Four→Step Four Worksheets on the [COSA Zoom Room](#) website for the PDF.

## Optional

- Continue your Enneagram journey.

## Forever Optional Assignments

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<sup>5</sup> Stepping Into Recovery Step Study

# CZR Step Study

## Step Four – Week 3 of 7

*Made a searching and fearless moral inventory of ourselves.*

### Essential

#### Before We Begin — The Set-Aside Prayer

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#### SELF-CARE NOTE:

If, at any time during this process, you feel overwhelmed by the work, by powerful emotions or memories that come up, take a break. Using a timer set for 5–15 minutes can be helpful. Reach out to someone (or several COSAs) in your group for support. Connect with your Higher Power in whatever way works for you. (By taking a walk, exercising, getting some sleep, meditating, praying, savoring some delicious chocolate, spending time with a pet, having a cup of your favorite beverage, taking a hot shower, or other Outer Circle activities...)

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#### **Rigorous honesty is key to recovery, which leads to freedom.**

→ Share your assets inventory from last week's assignment with someone, as soon as possible.

It is advisable to stay on top of each week's homework and not get behind, as these will be busy weeks with more than average work over the next few weeks.

Remember to bookend this week's work by revisiting your asset list. Add at least one new asset to the list when you sit down to do this work.

#### **Resentment Inventory<sup>6</sup>**

Start your resentment inventory by making a list.

→ Use the *Resentment Prompts Worksheet 4*, page 8 to begin writing your list. This prompt list is provided at Step Study→Step Four→Step Four Worksheets on the [COSA Zoom Room](#) website for the PDF.

<sup>6</sup> Walk in the Light Step Study and Stepping Into Recovery Step Study

- Start your Step Four Inventory, your resentment list by making a list of people, institutions, and principles that you resent (or that make you angry, irritated, judgmental, annoyed, etc.) and the reason or reasons why you resent them. Complete columns one and two this week. Use the *Inventory Worksheet* Worksheet 5 pages 11–14 with examples for you to use. See Step Study→Step Four→Step Four Worksheets on the [COSA Zoom Room](#) website for the PDF.

Like Step Four says, we have to be searching and fearless. Step Four does not mention the word “perfect”. We have the rest of our lives to keep working. Make your list but you do not need to process everything on your list now. Choose your top five resentments that are heavy on your heart and trust Higher Power to guide you. Also trust that whatever the length of the list, tools will be provided to get through it.

Resentment lists frequently contain sponsors, sponsees, other COSA members, God, COSA, and 12 Step as a whole. Admitting that and looking at our part is how we nurture those relationships and show them respect and love. Often the people we love most or who matter the most to us are the ones who show up most frequently on our resentment lists.

Some people find they enjoy writing resentments, other people feel shame or pain in the process. Whatever your experience is, it is okay. Remember to reach out to other COSA members and your support network!

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- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

## Recommended

## Optional

### Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about the First Step.

# CZR Step Study

## Step Four – Week 4 of 7

*Made a searching and fearless moral inventory of ourselves.*

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

#### SELF-CARE NOTE:

If, at any time during this process, you feel overwhelmed by the work, by powerful emotions or memories that come up, take a break. Using a timer set for 5–15 minutes can be helpful. Reach out to someone (or several COSAs) in your group for support. Connect with your Higher Power in whatever way works for you. (By taking a walk, exercising, getting some sleep, meditating, praying, savoring some delicious chocolate, spending time with a pet, having a cup of your favorite beverage, taking a hot shower, or other Outer Circle activities...)

This is hard work, but it's also where you're going to really start seeing the program begin working for you. You all can do it! Each of us has our Higher Power using all the hands in our group to hold us up with love!

#### Rigorous honesty is key to recovery, which leads to freedom.

- Remember to bookend this work by revisiting your asset list. Add at least one new asset to the list when you sit down to do this work.<sup>7</sup>
- Continue your work using *Inventory Worksheet* Worksheet 5, pages 11–14 completing columns 3–5. In the previous week we worked down the columns. This week we will work all the way across one resentment before moving on to the next. See Step Study→Step Four→Step Four Worksheets on the [COSA Zoom Room](#) website for the PDF.

If you are struggling or having a hard time with this exercise, reach out to a trusted COSA or a Step Study leader.

Remember that if you have been the victim of abuse, you are not responsible for that abuse.

<sup>7</sup> Walk in the Light Step Study and Stepping Into Recovery Step Study



## Forever Essential Assignments

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- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

## Recommended

### Detachment<sup>8</sup> Presentation

- Read the presentation. See Step Study→ Step Four→*Detachment Presentation* on the [COSA Zoom Room](#) website for the PDF.
- Write the five most impactful statements from the presentation in your journal.

## Optional

## Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about the First Step.

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<sup>8</sup> Stepping Into Recovery Step Study

# CZR Step Study

## Step Four – Week 5 of 7

*Made a searching and fearless moral inventory of ourselves.*

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

#### SELF-CARE NOTE:

If, at any time during this process, you feel overwhelmed by the work, by powerful emotions or memories that come up, take a break. Using a timer set for 5–15 minutes can be helpful. Reach out to someone (or several COSAs) in your group for support. Connect with your Higher Power in whatever way works for you. (By taking a walk, exercising, getting some sleep, meditating, praying, savoring some delicious chocolate, spending time with a pet, having a cup of your favorite beverage, taking a hot shower, or other Outer Circle activities...)

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#### **Rigorous honesty is key to recovery, which leads to freedom.**

Please remember to bookend this work by revisiting your asset list. Add at least one new asset to the list when you sit down to do this work.<sup>9</sup>

- As with previous inventory we start with a list. Using *Fear Inventory*, Worksheet 6 pages 15–19, make your list and answer the questions. Do a minimum of five fears – include current fears you have right now. Let it emerge without comment or filter. See Step Study→Step Four→Step Four Worksheets on the [COSA Zoom Room](#) website for the PDF.
  - The point of the multiple similar questions is to push it; for you to step outside your comfort level; to stretch as you answer each question. Unpack the feelings ... to get to the exact source of your fear. Continue asking until you get to a wall; or it becomes circular; or there is an answer.
- Then go over your life in brackets of time 1-5 years, e.g. elementary, middle/junior high, high school, college and each year thereafter as it applies to this fear.

If you are struggling or having a hard time with this exercise, reach out to a step study leader.

<sup>9</sup> Walk in the Light Step Study and Stepping Into Recovery Step Study

Remember that if you have been the victim of abuse, you are not responsible for that abuse. The only part you may have played would be damage you may have done to yourself in response to the abuse, such as self-blame, or carrying guilt or shame that was not yours to take on.

Come to next week's group prepared to share your list and discuss your thoughts on this exercise, and/or share it this week with your sponsor, co-sponsor, or another trusted person.

### Forever Essential Assignments

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## Recommended

### Intimacy Anorexia Presentation

- Read the presentation: See Step Study→ Step Four→*Intimacy Anorexia* Presentation on the [COSA Zoom Room](#) website for the PDF.
- This website [IA Test – Intimacy Anorexia](#) From Doug Weiss asks questions to help clarify if this is an issue for you and/or your partner. If you determine it could be an issue, make it a priority to attend the [Anorexia/Avoidance meeting](#) on Monday nights at 9:00 p.m. Eastern time.
- Here is a link to a recorded meeting [Intimacy Anorexia Avoidance Mtg 2022 0919](#)

## Optional

- Watch - [What is Intimacy Avoidance - Dr. Doug Weiss](#)

### Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about the First Step.

# CZR Step Study

## Step Four – Week 6 of 7

*Made a searching and fearless moral inventory of ourselves.*

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

#### SELF-CARE NOTE:

If, at any time during this process, you feel overwhelmed by the work, by powerful emotions or memories that come up, take a break. Using a timer set for 5–15 minutes can be helpful. Reach out to someone (or several COSAs) in your group for support. Connect with your Higher Power in whatever way works for you. (By taking a walk, exercising, getting some sleep, meditating, praying, savoring some delicious chocolate, spending time with a pet, having a cup of your favorite beverage, taking a hot shower, or other Outer Circle activities...)

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#### **Rigorous honesty is key to recovery, which leads to freedom.**

Please remember to bookend this work by revisiting your asset list. Add at least one new asset to the list when you sit down to do this work.<sup>10</sup>

- Complete the *Step Four: Sex Inventory Worksheet*, Worksheet 7 pages 20–22. See Step Study→Step Four→Step Four Worksheets on the [COSA Zoom Room](#) website for the PDF.

We often find it useful to consider any harms we have done in romantic relationships, even when the harms may not have been sexual in nature.

If you are struggling or having a hard time with this exercise, reach out to a trusted COSA or a Step Study leader.

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- Come to next week's group prepared to share your list and discuss your thoughts on this exercise, OR share it this week with your sponsor, co-sponsor, or another trusted person.


<sup>10</sup> Walk Into the Light Step Study and Stepping Into Recovery Step Study


## Forever Essential Assignments

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## Recommended

Watch - Gottman Four Horsemen -  Four Horsemen of the Apocalypse | The Gottman Institute

Michelle Mays - Triggered -  Why We Should Stop Using the Word Triggered

## Optional

## Forever Optional Assignments

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# CZR Step Study

## Step Four – Week 7 of 7

*Made a searching and fearless moral inventory of ourselves.*

### Essential

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Please remember to bookend this work by revisiting your asset list. Add at least one new asset to the list when you sit down to do this work.<sup>11</sup>

→ Wrap up any unfinished inventories.

As we are wrapping up, if you are having trouble with any unfinished inventories, some of us find it useful to think of what we remember through our lives. What things jump out at us when we look back? Often, this points the way to unresolved issues, or guilt we may be carrying.

Remember that if you have been the victim of abuse, you are not responsible for that abuse. The only part you may have played would be damage you may have done to yourself in response to the abuse, such as self-blame, or carrying guilt or shame that was not yours to take on.

→ Come to next week's group prepared to share your list and discuss your thoughts on this exercise. You may also share it this week with your sponsor, co-sponsor, or another trusted person.

The "Sexual Ideal" is an example that we try to live up to. It is what we hope to have in a sexual/romantic relationship. It is about honesty. The Sexual/Relationship ideal is written in Three parts with a couple of sentences to a paragraph for each part.

<sup>11</sup> Walk Into the Light Step Study and Stepping Into Recovery Step Study

Ideal Part 1) What I seek in the ideal partner:

Ideal Part 2) What kind of partner I hope to be:

Ideal Part 3) What I hope we will have together:

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## Recommended

Story In Three Sentences Instructions<sup>12</sup> See Step Study—Step One on the [COSA Zoom Room](#) website for the PDF.


Write out your Step Four story in three sentences. Instructions:

- Sentence 1: The Story – Write out (in one sentence) your story of making a searching and fearless moral inventory of yourself.
- Sentence 2: What I did wrong - Write out (in one sentence) what you did that you wish you had either not done or done differently.
- Sentence 3: What I should have done – Write out what would have been a better choice and/or what I will choose to do in the future when that situation repeats itself.

## Optional

- Watch  Married & Alone: Step Four of the Twelve Steps | Dr. Doug Weiss

And/Or

- Watch  Partners of Sex Addicts: Step Four of the Twelve Steps | Dr. Doug Weiss

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<sup>12</sup> Dennis F - [1212and12 – Unity Ensures Recovery through Service](#)