

Meeting Date:
April 16, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 4, Hidden Secrets

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Al-Anon Speaker: Todd D, Delafield

Book: Reaching for Personal Freedom, Page 28, 29

My only job is to show up, be honest, and turn it over. Thanks to Step Four, it's clear how I was managing and seeking false control in many different aspects of all my relationships.

The first time I took a Step Four Inventory, it was really pitiful. I was afraid I wouldn't remember everything that had ever happened in my life. My Sponsor told me I would remember when my Higher Power thought I was ready to handle it. That has truly been the case, as each time I've done a new Fourth Step I remember a piece of my past that had been shoved to the back corner of my mind.

When I came to Al-Anon I was told we are only as sick as the secrets we keep. If I allow those secrets to remain hidden in the closet, they not only take up valuable space, but they keep me from making room for new ways of doing things.

When I came to Al-Anon, I was three people. I was the person you thought I was, the person I knew I was, and the person I always wanted to be. Today what you see is what you get.

1. What Al-Anon and Alateen literature has helped guide me through Step Four?
2. In what ways do secrets hamper my recovery?
3. In what ways does working Step Four give me a balanced view of myself.

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