

Meeting Date:
April 23, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 4, Owning my part, Character defects and Assets

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AI-Anon Speaker: Holly, Menomonee Falls

Book: Reaching for Personal Freedom, Page 29, 30

Being new to AI-Anon, my plan was to finish working the Twelve Steps in twelve weeks. That seemed to work until I go to Step Four. The words "searching and fearless" really jumped out at me and slowed my progress of taking on Step each week.

By the grace of God, I was able to put a couple of things down on paper and after a few weeks felt ready to continue. My Sponsor commented to me one day that it was probably okay, but I could always revisit them when I was really ready. I wondered what that meant, but I continued anyways. I later realized denial was something needing attention. There was a lot of wrongdoing I needed to own. Talking about these things with one another and writing them down gave me the information I needed to move on. I finally saw that there was more to me than I was willing to see before.

What a relief it was when I realized I didn't have to do Step Four perfectly, or root out every defect. My Higher Power would reveal the defects to me that I could process at the time. As a new defects were revealed, I could work on those. I was surprised and relieved to realize my flaws weren't as awful as I feared. It was very empowering to take my own inventory and take control of my life.

1. In what ways has denial perpetuated my character defects?
2. In what ways does listening to others share their experience with Step Four help me see my own defects more clearly?
3. How has working on Step Four changed me?

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