

Meeting Date:
April 9, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 4, Working with a Sponsor

DATE: April 9, 2018

Al-Anon Speaker: Jennifer W, Bayview

Book: Reaching for Personal Freedom, Page 26-27

I started writing an inventory before I had a sponsor. After I got a sponsor, she suggested I start back at Step One. At the time, I was somewhat frustrated with this request because I thought it was a waste of time. Looking back, I understand now that it was important for me to make sure I really had the experience of working through Steps One, Two, and Three.

Whenever, I was stuck writing the inventory, she suggested I revisit the previous Steps, especially Step Three. She taught me to turn to Step three when I was afraid, because in order to do a fearless inventory, I needed to feel safe and cared for by a spiritual Power.

Step Four changed my understanding of my life. For the first time, I understood how I had contributed to my problems. I thought I had problems because other people were mean or selfish. However, I learned other people can do whatever they want, and I have the responsibility of getting out of their way. This realization did not make me feel shame, but gave me a feeling of freedom. An inventory records everything, including assets. I need to remember I'm not just a bundle of Character Defects.

1. How do I know when I am ready to move on from the first three Steps to my Step Four inventory?
2. What role has a Sponsor played in my willingness to take a fearless inventory?
3. In what ways are any of my character defects a distortion of my good traits?
4. How has Step Four changed the way I understand the disease of alcoholism?

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