

Monday Night How It Works AFG Open Meeting

Date: Oct 4, 2021 - 7-8pm CST - In person only

Topic: Step 4- Made a searching and fearless moral inventory of ourselves.

Al-Anon Speaker: John Mc. - Brookfield

Paths to Recovery: Page: 39

A member of Al-Anon asked why she had to write her Fourth Step if she had discussed all her personal issues with a professional. A longtime member shared that she, too, had considered that, but based on the guidance of her Sponsor, she decided to begin writing her thoughts. She said that by writing it out she was able to remove herself from some of the specific situations and see herself more clearly. She stated that she had been intellectually analyzing the Al-Anon program using the first three Steps, but was now experiencing a new awareness not only of herself, but also of the many alcoholics in her life.

1. What does “searching”, “fearless” and “moral inventory” mean to me?
2. What suggestions have I tried to see if they might work?
3. How do I open myself up to others?
4. What do I resent the most from my past?
5. How do I judge myself?

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