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| Step 4 Made a Searching and Fearless Moral Inventory of Ourselves  4B Moral | |
| Many of us don’t know what to do with the word, “moral”. For a lot of us, we were taught a morality that condemned us because of our addiction. We were constantly beating up on ourselves because we did not match a merciless perfectionism.  Such condemnation does not fit with recovery. Other people are very comfortable with using a predefined idea of morality and do not need to struggle with this word. Step Four is a step of recovery, not of condemnation. That means that we need to find what “moral” means in recovery. | |
| Prior to recovery, what defined morality for me?  Where did morality come from for me?  Is that a definition of moral which builds me up? |  |
| Step 3 talks about turning my will and my life over to the care of a higher power. Even if I do not need to know what that higher power is, how can I turn the defining of what is moral over to my higher power? |  |
| By this point of your recovery, you may have had experience with some kind of transcendence or interaction with your higher power. | |
| What things show you that you are having an interaction with your higher power?  What things have worked? |  |
| How can I find out what is in accordance with my higher power?  What would be the first thing that needs to change to conform to a higher power’s will? |  |
| As I watch other people get recovery, am I seeing people who still violate the perfectionism I used to ascribe to but they are getting recovery and having changed lived?  What does that say about how a higher power actually works?  What hope does that give me? |  |