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| Step 4 Made a Searching and Fearless Moral Inventory of Ourselves  4C Inventory-Actions | |
| The next question after struggling with the word “moral” is how to do an inventory. One method of working this step is to list all one’s resentments and fears and one’s part in each. That works for some people who are primarily driven by anger. (Resentment is anger held past a sleep cycle). Other people find that such a method does not work for them.  It is also possible to do a full confession of what one has done “wrong” in life. And not have that confession change anything. Many of us grew up with those who went to such weekly confessions and can see what effect they have.  In SAA we are given the opportunity to inventory our lives on three levels:   * Actions and the consequences * Why we chose those actions * Why we keep making those choices   Many people inventory the actions in Step One. Our morals drive our actions and our actions illustrate our morals. In Step Four, we get the opportunity to look at why we chose those actions. Our choices keep us from living the “turning of my will and my life over to the care of a higher power”. Over what actions do I still have shame? | |
| What actions still need to be inventoried? |  |
| Over what actions do I still have shame? |  |
| Because our character is why we make certain choices and our actions come from those choices, from that we can see our sex addiction is a symptom, not the root cause. We need to look at how we make decisions. | |
| Why did I chose to act out? | |
| Example 1 |  |
| Example 2 |  |
| Example 3 |  |
| Example 4 |  |