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| Step 4 Made a Searching and Fearless Moral Inventory of Ourselves  4K Drive and Motivations - Hunger | |
| The moral issues with hunger lie in two areas: over indulgence and denial. Hunger has several components :   * Physical * Emotional * Economic * Intellectual * Spiritual * Sexual   All of these can be denied, allowed to fester, and break through to cause trouble or be indulged in to cause other kinds of problems | |
| Inventory how you have handled hunger in opposition to your higher power’s wishes. |  |
| For each of these, have I operated in anorexia, or in over indulgence? How has my behavior in this area been part of my addiction? | |
| **Food** |  |
| **Emotional**  (stone cold, neediness, manipulation, taking from others) |  |
| **Economic**  (depriving myself, overspending, borrowing too much, taking from others, hoarding) |  |
| **Intellectual** (not feeding my mind, accepting another’s intellectual dominance over me, taking what other’s developed as my own, walking over others to control them, hiding in fantasy, cheating) |  |
| **Power** (excessively meek, hiding from power, reveling in power over others, craving power) |  |
| **Spiritual** (denying spirituality, being a party animal, being monastic, using another’s spiritual search for my economic or sexual gratification, being religious but never talking about the addictions) |  |
| **Sexual Hunger** |  |
| How have I or others been hurt by my actions to fill my hunger? |  |
| What would it mean to look to my higher power’s care for direction in these areas? |  |