

REVIEW MATERIAL
NOT FOR DISTRIBUTION



NARCOTICS ANONYMOUS

AN APPROACH TO THE FOURTH STEP INVENTORY

N.A. WORLD SERVICE OFFICE, INC.
P.O. Box 622
Sun Valley, Calif. 91352

THE TWELVE STEPS OF NARCOTICS ANONYMOUS

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory, and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of those steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

AN APPROACH TO THE FOURTH STEP INVENTORY

The purpose of a searching and fearless moral inventory is to sort through the confusion and the contradiction of our lives so that we can find out who we really are. We are starting a new way of life and need to be rid of the burdens and traps which have controlled us and prevented growth.

As we approach this step, most of us are afraid that there's a monster inside of us that, if released, will destroy us. This fear can cause us to put off our inventory or may even prevent us from taking this crucial step at all. We need to remember that fear is lack of faith; and now that we have found a loving, personal god to turn to we no longer need to be afraid.

We have been experts at self-deception and rationalization: by writing our inventory we can overcome these obstacles. A thorough written inventory will unlock parts of our subconscious which remain hidden when we simply think about or talk about who we are. Once it's all down on paper it's much easier to see, and much harder to deny our true nature. Honest self-assessment is one of the keys to our new way of life.

The only way to get clean is to stop using and the only way to take an inventory is to sit down and do it. Many specific inventory methods have been used successfully by our members. This inventory method has worked for some of us and can work for you if you'll follow through. Remember, you cannot write a bad inventory - only a better one, and you can write too little - but never too much.

INSTRUCTIONS

1. You will need a pad of paper or lined paper or a theme book, a pen, and a good dictionary.
2. Sit at a table or desk to write, make sure you have plenty of room and that you will not be unnecessarily interrupted.
3. In going through this guide look up the definition of any words that you do not know the meaning of.
4. When you are actually writing, leave a wide margin so that you can add or comment later.
5. Try to write down what comes to you first and don't edit your inventory.

6. Don't worry about spelling or neatness: your inventory should be readable but it doesn't have to be a work of art.
7. Do not erase or obliterate anything you write. Strike out "wrong" words or errors with a single line that can be read through.
8. If something "pops" into your head when you are working on something else write it down or make a note on a separate sheet so that you can return to it later. Then get back to what you were doing before.
9. You are writing your inventory for you. At this point, the fifth step does not exist. Write down everything, even the things that you are unwilling to share. You can always take something out later, but by writing it down at least you will have a chance to see it more clearly.
10. Write until you have nothing left to write. Your inventory will probably take more than one sitting to write. Try to stop at the end of a section and start again as soon as possible.

- I. Begin your inventory by taking the first three steps in writing: what do they mean to you and how do you work them.
 - A. Admit your powerlessness in writing and discuss how your life is unmanagable.
 - B. Write about the "Power greater than yourself" that you have come to believe in, and what you hope this power can do for you.
 - C. Write about your decision to turn your will and your life over to the care of God, and make that commitment in writing.

- II. RESENTMENT is the way most of us have reacted to the past. It is the reliving of past experiences again and again in our lives. The more often you have relived an event or gotten into "should have" and "if only" then the more significant that event probably is.
 - A. Write about each incident in your life which you have had to relive in your mind at some

later date. This includes both "good" and "bad" experiences.

- B. Write about past actions that you would change if you had the opportunity.
- C. Write about any events in your life which you feel caused a change in you.
- D. Write a dictionary definition and at least three sentences on each of the following feelings as they have applied to people, places, things, and ideas.

self-pity	greed
pride	lust
contempt	intolerance
hatred	apathy
jealousy	inertia
envy	selfishness

III. ANGER is the way most of us have reacted to the present. It is our reaction to and denial of reality.

- A. Write about the things that make you angry, irritate you, or make you feel uncomfortable. What are your "buttons" and how do they get "pushed?" Are there any key words, phrases, actions, or situations which are sure to "set you off?" The following is a list of some of the things that we often react to with anger. Some of these will apply to you and some will not. Use this list as a starting point and to get you thinking in terms of anger.

being criticized
being contradicted
being ignored
being kidded
practical jokes
being laughed at
being gossiped about or talked about
being called names (stupid, fat, skinny,
asshole, bastard, bitch, whore, etc.)
being touched
being stood too close to
being praised

B. Write about each incident in your life when you have reacted "automatically" or for no apparent reason. Relate each incident to people, places, things, and ideas.

IV. FEAR is the way we have reacted to the future. It is our response to the unknown, a fantasy in reverse. Write at least three sentences on each of your fears - past and present (especially those you think are irrational or those which you think no longer bother you). The following is a list of fears. Some of these will apply to you and some will not. Use this list as a starting point and to get you thinking in terms of fear.

people	principles	God
insanity	death	punishment
police	jails	institutions
asylums	authority	rejection
acceptance	failure	success
ridicule	insecurity	self-accessment
honesty	religion	insecurity
accidents	animals	snakes
spiders	insects	the dark
heights	disease	cancer
heart attack	obesity	starvation
hospitals	drugs	sex
impotence	misconduct	rape
marriage	being disliked	discipline
gambling	responsibility	moral codes
stealing	pain	hurting others
attack	justice	past crimes
obsessions.	inferiorty	ego deflation
sarcasm	public speaking	claustrophobia
water	suffocating	other races
mistakes	desire	pride

V. SEX is an area in which most of us have had problems. One of our old timers sometimes refers to us as "lovers in distress" and this is certainly true. Most of us carry a burden of false shame and false guilt because we have tried to live up to an unrealistic or false

