

SOUTH COAST AREA NA APRIL 2025 CLEAN SHEETS

Step 4 - We made a searching and fearless moral inventory of ourselves

August 30th - The Value of Honest Self-Assessment - Page 250

"Honest self-assessment is one of the keys to our new way of life."

Basic Text, Chapter 4, "Step Four"



As we begin to work on the Fourth Step for the first time, it's highly likely we already have an opinion about it. Chances are that it's not very positive. Most of the words of this Step are daunting in their own right. Searching. Fearless. Moral. Inventory. *Ourselves*. That last one is the core of it. We will be getting to know *ourselves* honestly, something that most of us have had limited experience doing prior to getting clean. Isn't that who we ran from for so long? By the time we get to Step Four, we're already practicing some self-honesty. We've admitted that we are powerless over our addiction and that we need help. The next step is to learn what we're holding on to that is keeping us from progressing in our lives. We identify our resentments toward other people, institutions, and ourselves. We look at our guilt and shame, our fears, our sexual and relationship behaviors, abuses we've suffered and wrought upon others, and our secrets.

Working Step Four also provides another, perhaps unexpected, gift--revealing our assets. For many of us, this is the most difficult part. We tend to be far more comfortable obsessing about what's wrong with us than owning our positive qualities. But our inventory is inclusive of our whole selves. Assessing our assets is absolutely critical to our new way of life. We need to know what we have that we want more of, not just the negative aspects we want to rid ourselves of.

Our honest and courageous self-assessment doesn't end with Step Four, or with Step Ten that helps us to make this process a consistent practice. Beyond what happened during our using days, we continue to look at the patterns and behaviors that follow us into recovery. We learn to differentiate what's really true about us now from what our head tells us. Through this work, we develop trust in ourselves and in this new way of life. Our pasts instruct us; they do not define us, and they no longer control us.



No matter where I am in the Steps, I am committed to looking at myself as honestly and completely as possible. I have the fearlessness I need to examine the parts of myself I want to cultivate and those I strive to diminish.

Happy
A  versary!

Tiffini W 4/26/17- 8 Years!

Katie D. 4/22/13- 12 Years!

Lisa F. 4/14/11- 14 Years!

John M. 4/23/88- 37 Years!

Congratulations to Everyone
that has stayed Clean
Just For Today!

Please give your Clean
Dates to your GSR Reps so
We can celebrate
with you!

**THE T.G.I.F MEETING ON FRIDAY NIGHT FROM
8:00-9:00 PM IS CLOSED EFFECTIVE 2/23/25**

It was held at the Friendship Center
929 Calle Negocio Ste H, San Clemente

PLEASE CHECK OUT THESE FRIDAY MEETINGS

Ladies Night (Women's Mtg) on Zoom only 6:15-7:30pm
Zoom ID 863 8503 4716 Contact Nancy (949) 521-2766 for Password

Friday Night We Do Recover from 8-9:15pm

At Abiding Savior Church, 23262 El Toro Rd, Lake Forest

Meeting List: <https://southcoastareana.com/meetings>

H&I carries a message of Recovery and Hope to Hospitals, Treatment Centers and Jails to addicts who cannot access outside meetings. If you're thinking about getting a service commitment, we invite you to join us at our next H&I meeting. Hop on Zoom sometime and check us out.

We meet the last Sunday of the month at 5:00 p.m. via zoom.

Our next meeting will be on Sunday, April 27th at 5:00p.m.



The Zoom ID is
865 550 0289

The Password is
050749

