

May 15, Fear of the Fourth Step



"As we approach this step, most of us are afraid that there is a monster inside of us that, if released, will destroy us."

Basic Text, p. 27

Just for Today:

I fear what I don't know. I will expose my fears and allow them to vanish.

Just For Today- May 15

Fear of the Fourth Step

"As we approach this step, most of us are afraid that there is a monster inside of us that, if released, will destroy us."

Basic Text, p. 27



Most of us are terrified to look at ourselves, to probe our insides. We're afraid that if we examine our actions and motives, we'll find a bottomless black pit of selfishness and hatred. But as we take the Fourth Step, we'll find that those fears were unwarranted.

We're human, just like everyone else-no more, no less.

We all have personality traits that we're not especially proud of. On a bad day, we may think that our faults are worse than anyone else's. We'll have moments of self-doubt. We'll question our motives. We may even question our very existence. But if we could read the minds of our fellow members, we'd find the same struggles. We're no better or worse than anyone else.

We can only change what we acknowledge and understand. Rather than continuing to fear what's buried inside us, we can bring it out into the open. We'll no longer be frightened, and our recovery will flourish in the full light of self-awareness.



Just for today: I fear what I don't know. I will expose my fears and allow them to vanish.

The Fourth Step provides us with the initial insight we need to grow. Whether we are writing our first inventory or our twentieth, we are starting a process that takes us from confusion to clarity, from resentment to forgiveness, from spiritual confinement to spiritual free dom. We can turn to this process again and again. When we are confused, when we are angry, when we have problems that don't seem to disappear, an inventory is a good way to take stock of just where we stand on the path to recovery. After we have written a number of inventories, we may discover that our first Fourth Step merely scratched the surface. As different attitudes and behaviors become apparent to us in later recovery, we'll want to renew the process of change by working the Fourth Step again.

The steps are tools we use over and over on our spiritual path. In the process of our recovery, God will reveal more to us as we have the maturity and the spiritual strength to understand it. Over time, the nature of the work we have to do is disclosed to us. As we continue in recovery, we begin to resolve some of the basic conflicts contributing to our addiction. As the pain of old wounds begins to fade, we begin to live more fully in the present.

The Fourth Step allows us to identify the patterns, behaviors, and beliefs that show us the exact nature of our wrongs. We have written an inventory of ourselves which has revealed what we can change with God's help. To continue the process of change, we move on, making our admissions in Step Five.

From: *It Works- How and Why- Pages 47-48*



December 21, Acceptance & Change



"Freedom to change seems to come after acceptance of ourselves."

Basic Text, p.58

Just for Today:

I want to change. By working the steps, I will counter fear and denial and find the acceptance needed to change.

SCANA
SOUTH COAST AREA OF NARCOTICS ANONYMOUS
www.southcoastareana.com

- Would you like to be featured in our upcoming Clean Sheets? Please share your NA-related stories, poems, memes, cartoons, your individual experiences-working steps, how NA has helped you, Being of Service...
 - Are you having an aNAversary soon- Please share your Clean Date so we can celebrate your Recovery!
- Contact Michelle-415-464-7884 Email: CleanSheets.SCANA@gmail.com