

Questions for Tuesday Night Step Study:

1. When and in what ways have I led a “double life”, looking good on the outside while full of shame about my addiction on the inside?
2. Am I ready to deal with “the dirt”, to wash away the inside so I can live free? What holds me back?
3. What have I been afraid of facing?
4. Does pride tell me that I don’t need an inventory? Have I told myself that others who are in more dire straits than I am are the ones that really need it?
5. What destructive habits need to be identified and confessed to God?
6. What consequences from past wrong choices am I living with today?
7. Are there people in my family of origin whom I have blamed for my life situations and resulting addiction? If so, who?
8. Am I willing to set aside time to grieve and to allow humility to grow in me? When? What is my commitment to myself, my growth, and my recovery?

Coming Out of Hiding - Gen 3:6-13

1. By hiding my problems with image management, how has my shame taken root and grown in my heart? Am I fearful to admit what is there?

Facing the Sadness - Nehemiah 8:7-10

1. What painful memories keep me from going forward in writing a Fourth Step inventory? Describe them.
2. What role has shame from past mistakes played in keeping me from starting and completing inventory?

Confession - Nehemiah 9:1-3

1. What behaviors over my lifetime have been offensive to God?
2. What blocks and resistances do I have to being honest with God about my wrongdoings?

Family Influence - Nehemiah 9:34-38

1. What resentments do I carry toward them (origin of family), even if unrelated to the addiction?
2. What truly brought me to the bondage of addiction and dependency (what is my responsibility, my part in it)?

Finger - Pointing - Matthew 7:1-5

1. Is it easier to look at the faults and shortcomings of other people in my life, past and present (such as bosses, coworkers, classmates, church members, pastors), than to recognize my own?
2. What is the "log" in my eye, the blind spot that has caused me trouble and given rise to pride, finger-pointing, and eventually to addiction?
3. Where and when have I stepped on people's toes and invited retaliation? Have I been proud, blaming, or fearful?

Constructive Sorrow - 2 Corinthians 7:8-11

1. In what ways have I avoided facing me sorrow about how my addiction has impacted my life and the lives of others?
2. Am I bent on self-condemnation? Am I now willing to let God's mercy go with me as I examine my faults and their impact on others?

God's Mercy - Revelation 20:11-15

1. Taking a moral inventory of ourselves here on earth will help to prepare us for the life to come. Is anything standing in the way of my taking action, such as pride or fear?
2. As I trust God in Step Three, am I able to let go of pride and fear in Step Four and allow his will to be expressed through me? If so, write out a prayer of trust and willingness to complete Step Four.
3. Write down a list and description of resentments, fears, wrong doings, and character flaws such as pride, jealousy, domination of others, self-centered needs/wants, etc.
 - a. *Fears*
 - b. *Resentments*
 - c. *Wrongdoings (i.e., what actions have I committed which oppose my own and God's morals and values?)*

- d. *Character flaws (remember that honesty and humility are character strengths that we are building here, so be as thorough and honest as possible to move toward long-term recovery): Where have I acted out of pride, vanity, or a sense of superiority?*
 - e. *Where and when have I tried to dominate others (i.e., at home, work, marriage)?*
 - f. *What makes me jealous, envious, or covetous (wealth, good fortune, successful kids, functional families, jobs, and/or positions of others)?*
 - g. *Where and when have I demanded that my wants and/or needs come before those of others, especially those of my spouse, children, or coworkers?*
4. After careful self-examination, am I more convinced than ever that I need a Savior every day, not just for salvation, but walk in freedom from addiction and sin? If so, write out a prayer to God that expresses your complete dependence upon him for salvation and freedom