

Getting Into Step 4.

Posted by Tomim2B - 03 Dec 2009 07:24

Duvid Chaim in his email to the group, sent out a worksheet. In step number 4 of the program, where we do take a fearless inventory of ourselves, we look at our past resentments (any negative feelings towards a person, place, concept, or institution), noting how we were affected, and keeping aware of how we've been a participant. Most of the time we have participated.

If we are honest and careful and closely follow the guidance of Duvid Chaim, a sponsor who has been through this process himself, we can begin to see our part. I can imagine that this step is not only hard, but emotionally exhausting as well.

It's important to mention a word of caution from professionals in the field: **children who were abused did not do anything to cause it. Repeat: if you were abused as a child, it is not your fault! This step is not about perpetuating the myth that children who were victims are responsible. If you were randomly assaulted as an adult, that is not your fault either.**

While some of us have probably started in our introspection preparing to get into this step, it's important to note that we need another person to help us see ourselves. Remember: our head can be like a bad neighborhood; you don't want to go in there alone! I don't know what Duvid Chaim had in mind, but I'd think that he'd want to guide us through this on the call.

Looking forward!

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