

1-26-23



Reply: 24fv

Step Four begins by reviewing steps 1, 2 & 3 before we dare search our past THOROUGHLY, the Goods, the Wrongs and the Resentments.

All you need fear is F. E. A. R. itself: False Evidence Appearing Real, dissolves when under scrutiny. Trust me! The only way out is through Understanding.

It is important to remain mindful that many of us have taken this dreadful step in our personal recovery. It's a purifying ordeal toward atonement.

Fare Thee Well

# Criminals & Gangmembers Anonymous

## THREE STEP REVIEW

### STEP ONE

**WE REVIEWED OUR PAST, ADMITTING A LACK OF STRENGTH AND CONTROL OVER OUR ADDICTIONS TO ALL FORMS OF ILLEGAL ACTIVITY AND THAT OUR LIFESTYLE WAS NOT DECENT NOR MANAGEABLE.**

1. Why do we review our past?
2. Why is it important to admit a lack of strength and control over our addiction to all forms of illegal activity?
3. What does it mean, "That our lifestyle was not decent nor manageable?"

### STEP TWO

**WE BECAME WILLING TO BELIEVE THAT CHANGE IS POSSIBLE, BY LEARNING A DIFFERENT WAY OF LIVING THROUGH SUGGESTIONS FROM THOSE WHO HAVE TRUDGED THE PATH OF RECOVERY BEFORE US OUT OF INSANITY**

1. Why do we need to become willing to believe that change is possible?
2. What does it mean, "By learning a different way of living through suggestions from those who have trudged the path of recovery before us?"
3. How do you define 'Insanity' in your life?

### STEP THREE

**WE MADE A DECISION TO LET GO OF DESTRUCTIVE SELF-WILL, IN EXCHANGE FOR SPIRITUAL PRINCIPALS, BECOMING WILLING TO SEEK GOD'S CARE AND PROTECTION, AS WE UNDERSTOOD GOD.**

1. What are some experiences of destructive self-will in your life?
2. What are Spiritual Principles and why do we need them?
3. What does it mean, "To become willing to seek God's care and protection as we understood God?"



# Criminals & Gangmembers Anonymous

## STEP FOUR

**WE SEARCHED OUR PAST THOROUGHLY, MAKING INVENTORY LISTS OF THE GOOD WE HAVE DONE AND OUR WRONGS AND RESENTMENTS TOWARDS OTHERS.**

The fourth step is vital to one's personal recovery. We cannot fix anything that we do not realize is wrong; or face some facts we'd much rather avoid while continuing to blame others as causing us wrong. We are short tempered, yet don't know exactly why, the "past" haunts us, yet we live in those past experiences today. We refuse to trust people. We show our prejudices towards others.

These are just a few examples of why a thorough inventory is important. There are too many "whys" without the right answers, It's usually difficult falling to sleep at night even when we are tired. It seems we ruin more relationships than we can keep; what is truly sad is that we really don't like ourselves, but we refuse to tell the truth. We need a roadmap to guide us in a "recovering process". Without this step, we simply keep going backwards or standing still in life.

### QUESTIONS TO BE HONEST ABOUT:

1. Do you seriously want to find out what's going wrong in your life so you can start fixing the problems?
2. Do you have difficulty trusting people? If so, why?
3. Do you blame or pass judgment on others more than you look at yourself as the real problem?
4. Do you have difficulty developing or maintaining relationships?
5. Do you have problems sleeping and wake up feeling upset?

### KEY WORDS DEFINED:

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**WE SEARCHED OUR PAST THOROUGHLY, MAKING INVENTORY LISTS OF THE GOOD WE HAVE DONE AND OUR WRONGS AND RESENTMENTS TOWARDS OTHERS.**

### THE BIGGEST QUESTION IS WHY?

How can a person commit murder, rape or molestation? It's obvious that there is something wrong with our thinking, but what drives a person to do such things?

A *defect* is just another way of saying that we have faults in our character. But as criminals and gangmembers our defects can turn on the cycle of addiction. Anger and low self-esteem may allow us to commit violence. Irresponsibility and selfishness may allow us to rob from others. Defects can be so ingrained into our character, that they play a major role in our typical behavior.

Many criminals and gangmembers suffer from low self-esteem, lack of trust and have a great deal of anger and resentment. Where did all these unresolved issues come from? Have we ever been taught how to effectively communicate, to express our feelings and learn to understand ourselves? How could the Criminal's and Gangmember's character become so defective, it ultimately thrusts one into the waiting, destructive grip of a lethal addiction to a lifestyle which encourages illegal activity?

### QUESTIONS TO BE HONEST ABOUT:

1. Growing up, what did you experience that had an impact on the way you felt about yourself and others?
2. How did you develop your warped beliefs and bad habits?
3. Looking back at your life, where did all the anger and resentment come from?
4. What character defects played a part in your crime?
5. What defects trigger your addiction cycle?

### KEY WORDS DEFINED:

**DEFECT:** Something that marks the appearance or causes inadequacy or failure; a weak point in someone's character; a flaw.

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## STEP FOUR

### **WE SEARCHED OUR PAST THOROUGHLY, MAKING INVENTORY LISTS OF THE GOOD WE HAVE DONE AND OUR WRONGS AND RESENTMENTS TOWARDS OTHERS.**

In Step One, we learned self-honesty. We examined our past in a mirror of honesty, in who's reflection we must admit the ruthless trauma we caused others, the victims we left in our wake, the destroyed relationships and the lack of spirituality in our lives.

In Step Four, we now develop the COURAGE to face our fears. We write down a thorough list of the Good we have done, the Bad things we have done and the Resentments we have towards others. We now make a commitment to ourselves to approach this phase of our development and recovery with COURAGE.

When we committed crimes, we didn't have any problem being bold. We tell "war stories" of the crimes we have committed and the people we have hurt. We had "courage." In our recovery journey, we now bring *real* courage to the table. We pray to God, asking him to reveal all the people we have ever hurt. We ask God to remind us of all the poisonous resentments we have deep in our hearts. We ask God to guide us. *All* will be revealed – as it should.

We approach Step Four with confidence and COURAGE. When we start this process, we continue until we have completed our through search of the past. We write down *everything*, no matter how embarrassing or painful. If we really want to change we will not avoid this important step. We will *experience* this step. We will put on paper everything we are afraid to tell anyone, and see the truth about our lives.

### QUESTIONS TO BE HONEST ABOUT:

1. When you are looking at your past, do you avoid painful events in your life?
2. What is keeping you from completing this important step?
3. What are some fears that you refuse to face? What fears are keeping you from completing your inventory?
4. What can you do to recover from the fear that is controlling your life?

### KEY WORDS DEFINED:

**COURAGE:** Mental or moral strength; persevere; strength to withstand danger or opposition; firmness of mind and will in the face of danger or difficulty.

**FEAR:** A feeling of anxiety and agitation by presence or nearness of danger, evil, pain, etc...; timidity; terror; fright; apprehension.



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We in CGA do not intend to blast you with your wrongs or break you down. Our purpose is to try to put things in order. So you can get a better understanding of what drives you and keeps you from moving forward.

For today, we will not talk about our wrongs or resentments. But, rather the good things we have done. At times it's hard to find some good things we have done. Because most often we don't look. So for today we will take a look at the good we see in each other. Whoever is sitting on your right side, tell him what you like and respect about him. Often we are told when we do wrong so it's easy for us to see. But when we do Good, it is not too often spoken of, so it's hard for us to remember.

### QUESTIONS TO BE HONEST ABOUT:

1. Growing up, do you remember what you wanted to be or what type of job you wanted to have?
2. Do you ever remember going out of your way for other people?
3. Is there anything that stands out good in your life that you have done? If so, what is it?
4. Is it hard for you to remember good things you have done in your life? If so why?

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Our First Step towards Recovery was being true to ourselves in finally realizing and accepting the fact that a series of problems exist in our lives. The Second Step offered encouragement with the Fact that *it is possible to change and recover from our problems*, if we seek the guidance and support from those in CGA with experience. The Third Step we take is very critical because we must become responsible for *making the right choices and being accountable for the decisions we make*.

If we are serious in our desire to recover from our problems, it cannot become achievable without the Fourth Step Inventory. This Step will lead us back into the past to identify **when** our problems began, **who** was involved and **what** the issues were that impacted our lives. We will be able to develop a map to guide us out of a maze of frustration. This is the Step that will bring the 'Lifestyle Addiction' Chart into clear understanding as we are able to place in order a pattern of illegal activity that spun out of control.

During the process of writing our Fourth Step Inventory, we will experience a roller coaster ride of emotions, that for the most part may not feel good. There will be feelings of Guilt, Shame, Fear, Anger and Resentments, (along with some very good memories). We may become frustrated in feeling we cannot reveal certain things that still haunt us because these events remain "unresolved" and we will try to make excuses to not trust anyone and feel like stopping at this point. It is very important to remind "ourselves" that this Fourth Step is not intended to be a joyful experience. It is a Step to help us find the 'root' of our problems and provide us with a clear pattern of destructive behaviors so we can see for ourselves, maybe for the first time, that no matter what the problems in our life are –if they are not dealt with- we will simply keep repeating them. And that our commitment to ourselves is to RECOVER from having Poor relationships, being Irresponsible and having a Lack of Spirituality.

This Step is key to finding all the important answers to "Why?", if we are through and honest with ourselves (and our sponsor). It will provide the framework to identify what our character defects are that are causing abnormal, destructive behaviors and help to prepare us for finding a safe, effective solution to recover from our problems.

## SOME GUIDELINES TO FOLLOW

1. It is recommended that you use the 'Fourth Step Worksheets' for your Inventory Lists.
2. Be as thorough as you possibly can when reviewing your past. Make a sincere effort to go back as far as you can remember. You do not have to write down specific details concerning the events you record. These are notes for you; you can fill in any gaps when you share with your Sponsor in your Fifth Step.
3. Each list is SEPARATE on purpose. Do not put them together on the same sheet. Each 'Inventory List' will reveal facts that should not be confused, this helps to prevent minimizing your personal responsibility and will also help to separately identify the role that others played in your life and the impact they had on you.



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#### STEP FOUR:

**WE SEARCHED OUR PAST THOROUGHLY, MAKING INVENTORY LISTS OF THE GOOD WE HAVE DONE AND OUR WRONGS AND RESENTMENTS TOWARDS OTHERS.**

Inventory Worksheet  
**“The Good I Have Done”**

Approx. When (date)

## What Happened

### Who Was Involved?

1. The first part of the paper discusses the importance of understanding the underlying mechanisms of the observed phenomena. This is crucial for developing effective interventions and policies.

2. The second part of the paper focuses on the methodological aspects of the study, including the data collection and analysis procedures. The authors emphasize the need for rigorous and transparent reporting of these methods.

3. The third part of the paper presents the results of the study, which show a significant positive correlation between the variables of interest. These findings have important implications for the field.

4. The final part of the paper discusses the limitations of the study and suggests directions for future research. The authors acknowledge the potential for confounding factors and the need for further validation.



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## Inventory Worksheet

### **“The Bad I Have Done”**

Approx. When (date)

## What Happened

### Who Was Involved?

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



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### Fourth Step Inventory Worksheet

## “The Resentments I Have Held”

Approx. When (date)

## What Happened

### Who Was Involved?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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## Additional Fourth Step Inventory Worksheet

Approx. When (date)

## What Happened

### Who Was Involved?

Blank lined paper.



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### RESENTMENTS

Our next task is to look at Resentments and recognize how damaging they are to us. They are the Number One Offender and are often the major cause of our Spiritual Disease. As we list our Resentments, we can see how they have affected our self-esteem, our well-being and our personal relationships. Holding on to Resentments can cause stress and seemingly uncontrollable feelings of Anger. If our Resentments are left unresolved, serious emotional, mental and physical consequences can develop. If we allow our Resentments to control our thoughts, serious depression is a possibility which can ultimately destroy our lives.

### FEAR

As we begin to look at ourselves (sometimes for the first time) with honesty and integrity, we can often experience great amounts of Fear. This Fear can be very destructive as it can and (if we let it) will stop us from being totally honest in our Fourth Step Inventory. When Fear is present our need to deny, ignore, and avoid reality is increased. Our unrealistic perspective can become greatly exaggerated and given the chance will intensify our emotional responses. Fear can cause tremendous Pain. It can attack us physically and cause feelings that range from apprehension to panic. When Fear is present, we can become Nervous, Nauseated or Disoriented. As we inventory our Fears, we may discover that they are a direct result of our inability to make decisions. Or we may believe that if we could make the right decisions, things would be different. Some of the most troubling decisions relate directly to the boundaries we know must be established. Fear is often the emotion we feel when we aren't in control of our lives. Fear is the opposite of Faith. When we are in Fear, we feel a 'loss of control' and can begin to doubt God's ability to help.

### FROZEN FEELINGS

Many of us have difficulty expressing our Feelings or even realizing that we have them. We have harbored deep emotional pain along with the sense of guilt and shame for years or even decades. As children, many of us had our Feelings met with disapproval, anger or rejection. For survival, we learned to hide our Feelings or repress them entirely. As adults, often we are not in touch with our Feelings. We can only allow ourselves to have 'acceptable' feelings to stay "safe". Our true nature has been distorted so that we could protect ourselves from the reality of what was truly happening. Distorted and repressed Feelings can lead to the holding of Resentments, as well as moments of Anger, Depression, Guilt, and numbness which can contribute to physical illness and pain.

### QUESTIONS TO BE HONEST ABOUT:

1. What Resentments do you hold? How long have you held them? What effect have they had on your life?
2. What Fear is holding you back from being totally honest in this, Most Important Fourth Step? Why? How do you think you would feel if you let go of this Fear?
3. What Feelings are "Unacceptable" to you? Why? What could happen to you if you let yourself feel them?



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It has long been established that one's journey through Recovery allows us to see, for the first time in some cases, just what our problems are and what the extent of the damage in our life and the lives of those we've come into contact, is. In this Fourth Step, we are able to identify our Good and Bad deeds along with those Resentments we've held onto for so long. Very often we discover that events from our past are still unresolved because their traumatic impact still drives our emotions. The more thorough we can be in doing this Step, the more accurate and complete our Recovery will be. So many of us lost so much of our identity of "who we were" as we became what "they" wanted us to be. We have to trace the loss of our innocence and bring it back, through Recovery. The good thing about being thorough with this Step is that although much of the information is "private and personal" once it is out and shared, it no longer has the power that it used to in driving our actions, attitudes, words and thoughts.

### QUESTIONS TO BE HONEST ABOUT:

1. When looking back on the past, do you still shy away from examining painful or shameful events?
2. Have you ever told yourself, "I'll just forget it happened." but you never really forgot? Why haven't you been able to forget?
3. What does 'Self-honesty' have to do with this inventory being thorough?
4. To determine what affected your personality and behavior, what issues from your past do you need to thoroughly identify?
5. In what ways can your thorough inventory benefit your long-range Recovery? If it could harm your Recovery, please explain.

### KEY WORDS DEFINED:

**TRAUMA:** A disordered psychic or behavioral state resulting in mental or emotional stress of physical injury.

**TRAIT:** A distinguishing quality, as a personal character.

**INNOCENCE:** Freedom from guilt or sin through being unacquainted with evil.

**CRUCIAL:** Important or essential as in resolving a crisis.

**THOROUGH:** Carried through to completion, Marked by full detail, Careful, Complete in all respects.



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When asked to look at the Good and Decent things we have done in our lives, many of us Criminals and Gangmembers have great difficulty seeing very much at first. *It's not that we haven't done Good or Decent things in our lives.* But, rather it's the evil, destructive lifestyle we did live overshadowed any Good we did.

We have all done or accomplished good and decent things in our lives. Today let's focus on those. Let's make a list of some of the Good and Decent things some of us have shared this past week, when asked, "Looking back over your life, can you name some of the Good and Decent things you've done that stand out?"

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

The One "QUESTION TO BE HONEST ABOUT" today is just that – "What have you done in your life that is Good or Decent?"

### KEY WORDS DEFINED:

**GOOD:** Having desirable or favorable qualities, Whole, Superior to the average, Beneficial, Loyal, Socially correct.

**DECENT:** Marked by conformity to recognized standards of propriety or morality, Meeting accepted standards, Kind or obliging.

**OVERSHADOWED:** To cast a shadow over, to make insignificant by comparison.



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The fourth step is vital to one's personal recovery. We cannot fix anything that we do not realize is wrong; or face some facts we'd much rather avoid while continuing to blame others as causing us wrong. We are short tempered, yet don't know exactly why, the "past" haunts us, yet we live in those past experiences today. We refuse to trust people. We show our prejudices towards others.

These are just a few examples of why a thorough inventory is important. There are too many "whys" without the right answers. It's usually difficult falling to sleep at night even when we are tired. It seems we ruin more relationships than we can keep; what is truly sad is that we really don't like ourselves, but we refuse to tell the truth. We need a roadmap to guide us in a "recovering process". Without this step, we simply keep going backwards or standing still in life.

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### THE BIGGEST QUESTION IS WHY?

How can a person commit murder, rape or molestation? It's obvious that there is something wrong with our thinking, but what drives a person to do such things?

A *defect* is just another way of saying that we have faults in our character. But as criminals and gangmembers our defects can turn on the cycle of addiction. Anger and low self-esteem may allow us to commit violence. Irresponsibility and selfishness may allow us to rob from others. Defects can be so ingrained into our character, that they play a major role in our typical behavior.

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In step One, we learned self-honesty. We examined our past in a mirror of honesty, in who's reflection we must admit the ruthless trauma we caused others, the victims we left in our wake, the destroyed relationships and the lack of spirituality in our lives.

In Step Four, we now develop the COURAGE to face our fears. We write down a thorough list of the Good we have done, the Bad things we have done and the Resentments we have towards others. We now make a commitment to ourselves to approach this phase of our development and recovery with COURAGE.

When we committed crimes, we didn't have any problem being bold. We tell "war stories" of the crimes we have committed and the people we have hurt. We had "courage." In our recovery journey, we now bring *real* courage to the table. We pray to God, asking him to reveal all the people we have ever hurt. We ask God to remind us of all the poisonous resentments we have deep in our hearts. We ask God to guide us. *All* will be revealed – as it should.

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# Criminals & Gangmembers Anonymous

## STEP FIVE

**WE SOUGHT FORGIVENESS FROM GOD, OURSELVES AND ADMITTED TO SOMEONE WE TRUSTED, THE WRONGS WE HAVE DONE.**

### STUDY GUIDE

Our Fifth Step calls upon us to be truthful with the facts we recorded in our Fourth Step inventory lists. Our inability to control our addiction and how we failed to be responsible in our behavior and actions should be clear. The first portion concerns seeking forgiveness from God for our wrongdoings. We are not only admitting our offenses against God's will in causing injury, harm and/or destruction to others, we are also accepting the fact that we have "problems" in our willingness to forgive ourselves.

When we confirm our truth about the facts by being honest with someone we trust in recovery, we are not only accepting responsibility and accountability for our wrongs, we are asking for guidance, understanding and support in finding solutions to our problems. We can trust the person we admit our destructive past to because they have the experience with the Twelve Step Process that we lack and they can identify the problems of character and behavior more accurately than we can because they are "outside" of us, looking in, while we can most often only see our faults and shortcomings with emotionally charged justification, fear, guilt and resentments which can blind us from identifying the roots of what caused the problems in the first place.

This Step also provides us with the opportunity to examine the unresolved resentments we have held against others, justified or not. What matters most is getting these issues out in the open so someone "outside" ourselves can examine the facts fairly and honestly. Only then can we be more open to consider both sides of base/cause of our resentment and place accountability and responsibility where it belongs.

### RECOMMENDED STEP FIVE PROCESS:

1. It is important to be as honest and through as you can. This is about YOUR recovery, not anyone else's. Your past is your truth, facts are facts. Responsibility and accountability can and will determine your quality of recovery.
2. Find time to be alone. If possible ask for God's forgiveness for the wrongs and resentments you have listed on your inventory sheets.
3. Take time for yourself. Seriously review your inventory lists and keep Step One in mind, your problems are clearly laid out on paper now, this is where we gain the understanding of how we lacked strength and control over our addictions. The way we know this is true is because we
  - a. Destroyed most of our relationships.
  - b. Lacked any sense of responsibility.
  - c. Had no spiritual values in our day-to-day life.
4. Plan a time to meet with your sponsor as soon as possible. Once you begin your Fifth Step, it should be completed as promptly as possible without unnecessary breaks for days, weeks, etc...
5. It is important to remember that this Step (and all the other Steps) are not supposed to cause you any further character damage, instead they are here to help you improve yourself and your Spiritual Awareness, assisting in developing a private, personal relationship with God (as we each understand God) Don't be too hard on yourself, If you have been honest and fearless, the healing process has begun. The poison has to be released before you can heal, through a tried and true process.