



RECOVERY ROAD ONLINE

RECOVERY STEP 4 FINANCIAL INVENTORY INTRODUCTIONS

ZOOM UP THE HIGHWAY OF HOPE



WORKING THE RECOVERY STEPS

“STEP FOUR”

Made a searching and fearless moral
and financial inventory of ourselves

SPIRITUAL PRINCIPLE: TRUTH & TOLERANCE

FOURTH STEP PRAYER

Dear God,

It is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine and I will begin a searching and fearless moral and financial inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.



STEP FOUR

**MADE A SEARCHING AND FEARLESS MORAL AND
FINANCIAL INVENTORY OF OURSELVES.**

FINANCIAL INVENTORY

Our mental obsession over money was a key driver of our illness. As disclosed in our dream world, “When succeeding we gambled to dream still greater dreams, when failing we gambled in reckless desperation as our dream world came crashing down”. We were trapped in this cul-de-sac of defective logic. If we were winning, we were on a roll and had to play our rush. If we lost, we felt this insane compulsion that we couldn’t leave until we won back “our money”. We couldn’t face the grim reality that this lost money was no longer ours. Even after many hours of playing when we were close to breaking even, we sometimes felt we had to stay and continue gambling to justify the time we had already spent. Money was at the heart of this mad reasoning.

The only escape from this cycle of twisted logic is an honest and fearless financial inventory. We need to calmly develop a realist plan to not only repair our financial wreckage, but one that allows us to lead an enjoyable, comfortable life going forward. We can do a financial inventory in a couple of ways. Probably the best way is to complete a comprehensive pressure relief meeting using the forms



STEP FOUR

**MADE A SEARCHING AND FEARLESS MORAL AND
FINANCIAL INVENTORY OF OURSELVES.**

FINANCIAL INVENTORY

that are available through Recovery Road Online. This is especially recommended if you have an active pressure relief committee and/or chairman in your local area. Also, this approach has been found to be especially helpful to folks with extensive financial problems that may seem hopeless (by the way – they're not). In addition, a comprehensive pressure relief meeting is also usually advisable for people with complex finances such as those who own their own businesses.

An alternative approach is just the simplified inventory at the end of the chapter. The fundamental objective of both approaches is the same – developing a household budget that allows for covering all of the critical expenses (including a modest entertainment allowance) as well as the servicing of our gambling debts to the extent that we are able. Once we establish and began living within this budget (which is usually much easier than we think) the pressure to gamble in order to solve our financial problems begins to be relieved.

[illegible]

EFFECTIVE April 26, 2020

Recovery Road Online is a Recovery & Support Group for those with a compulsive gambling problem. You may apply to join our private Facebook Group at the following: <https://www.facebook.com/groups/1636657949798079/>. We also conduct 12 Step Meetings through the video conference app ZOOM. We are not affiliated with Gamblers Anonymous.

