



RECOVERY ROAD ONLINE

RECOVERY STEP 4 MISCELLANEOUS HARMMS

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.

MORAL INVENTORY

MISCELLANEOUS HARMS

When we were gambling, we were like a tornado in many people's lives. We were typically so selfish and self-centered that we often didn't even notice how we affected other people. There was usually much harm we did to other people that wasn't related to sex or money. How many times did we not come home or call not carrying that our life partner might have thought we could be lying dead on the highway? How many times did we say cruel things to people that we loved to cover up our own pain? How often were we not available to help friends and coworkers because we were obsessing over getting money to get back into action? Uncovering and acknowledging these harms is vital to the new reality that we must now inhabit.





STEP FOUR

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

MORAL INVENTORY

MISCELLANEOUS HARMS (continued)

We can ask ourselves this question, “What have I kept to myself that I was going to take to my grave? Here is another opportunity to explore your school years, grade by grade and recall the memories where we were angry, sad, frustrated, or disappointed. In other words, what resentments might still be with us. Examine the special events of your life and of those close to you. Using a chronological format as we do for school years is suggested but not the only method.





STEP FOUR

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

MORAL INVENTORY

Worksheet 4E - MISCELLANEOUS HARMS

Who did I hurt by my conduct other than sexual or financial?	What exactly did I do that caused this harm?	What part of myself motivated my conduct?	What feelings did I likely cause in the person I harmed?	What were my character defects that I displayed in this situation?

INSTRUCTIONS:

The format for this worksheet is similar to the previous ones. All five columns need to be filled out for this worksheet. We recommend that you either make copies of this page, draw five columns on a piece of paper or use a spreadsheet on your computer to create the columns. It is suggested that you do this worksheet vertically instead of horizontally, i.e. complete all of Column One before you move on to Column Two and complete that column before you start on Column Three, etc.



STEP FOUR

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MORAL INVENTORY

Worksheet 4E - MISCELLANEOUS HARMS

Who did I hurt by my conduct other than sexual or financial?	What exactly did I do that caused this harm?	What part of myself motivated my conduct?	What feelings did I likely cause in the person I harmed?	What were my character defects that I displayed in this situation?

WHO DID I HURT BY MY CONDUCT OTHER THAN SEXUAL OR FINANCIAL?

COLUMN ONE – For this column, simply list all of the other people you harmed as a result of your conduct other than sexual or financial. If you are unsure whether they should be included in your list, go ahead and include them. Your list might only have three or four people, or it could be thirty or forty. There is no right number. The point is that when you are done there is no one else that you can think of that may have been harmed by your conduct.



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MORAL INVENTORY

Worksheet 4E - MISCELLANEOUS HARMS

Who did I hurt by my conduct other than sexual or financial?	What exactly did I do that caused this harm?	What part of myself motivated my conduct?	What feelings did I likely cause in the person I harmed?	What were my character defects that I displayed in this situation?

WHAT EXACTLY DID I DO THAT CAUSED THIS HARM?

COLUMN TWO – After you have finished Column One, go ahead and list next to the name in the second column exactly what it is that you did to cause the harm.



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MORAL INVENTORY

Worksheet 4E - MISCELLANEOUS HARMS

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WHAT PART OF MYSELF MOTIVATED MY CONDUCT?

COLUMN THREE – What part of you motivated this behavior? Was it simply ego that you didn't notice the other people you affected with your behavior?



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MORAL INVENTORY

Worksheet 4E - MISCELLANEOUS HARMS

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WHAT FEELINGS DID I LIKELY CAUSE IN THE PERSON I HARMED?

COLUMN FOUR – While we can never truly know another person’s feelings, what do you believe the other person felt? Was it disappointment, betrayal, anger?



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MORAL INVENTORY

Worksheet 4E - MISCELLANEOUS HARMS

Who did I hurt by my conduct other than sexual or financial?	What exactly did I do that caused this harm?	What part of myself motivated my conduct?	What feelings did I likely cause in the person I harmed?	What were my character defects that I displayed in this situation?

WHAT WERE MY CHARACTER DEFECTS THAT I DISPLAYED IN THIS SITUATION?

COLUMN FIVE – List the character defect you exhibited in Column Four. Were you, selfish, arrogant, greedy, lazy, etc.?



STEP FOUR

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MORAL INVENTORY

When you finish, the worksheet might look something as this:

Worksheet 4E - MISCELLANEOUS HARMS

Who did I hurt by my conduct other than sexual or financial?	What exactly did I do that caused this harm?	What part of myself motivated my conduct?	What feelings did I likely cause in the person I harmed?	What were my character defects that I displayed in this situation?
Mother	Didn't call or visit her.	Ego – didn't consider the feelings of others.	Disappointment Sadness	Selfish Self-Centered Lazy
Girlfriend	Stayed out late and didn't call.	Ego – didn't consider the feelings of others.	Worry Disappointment	Selfish Self-Centered
Son	Didn't spend time with him because I was gambling.	Ego – didn't consider the feelings of others.	Disappointment Sadness Insecurity	Selfish Self-Centered Lazy
Employer	Lied about having the flu and other excuses.	Ego – didn't think that company rules applied to me.	Disappointment Betrayal Anger	Dishonest Selfish Lazy Arrogant



STEP FOUR

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

MORAL INVENTORY

MISCELLANEOUS HARMS (continued)

It is time to move on to the next section – Financial Inventory.



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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 though the video conference app ZOOM. We are not affiliated with Gamblers Anonymous.

