



RECOVERY ROAD ONLINE

RECOVERY STEP 4 MONTHLY BUDGETED EXPENSES

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

Worksheet 4G - MONTHLY BUDGETED EXPENSES

Mortgage - First			Social Security (FICA)	
Mortgage - Second			Federal Income Tax deducted from pay	
Home Equity/Line of Credit			Anticipated additional Federal Income Tax*	
Rent			State Income Tax deducted	
Home maintenance and repair*			Anticipated additional State Income Tax*	
Groceries/Toiletries Household Supplies			Property Taxes*	
Restaurants (all meals not included in allowances)			Other taxes	
Clothes*			Medical Insurance Deducted from pay	
• Member			Additional Medical Insurance	
• Spouse			Medical Co-payments*	
• Children			Doctor – Non reimbursed*	
• Other			Medications	
Electricity			Dental Insurance deducted from pay	
Gas			Additional dental insurance.	
Water			Dental Co-payment*	
Garbage			Dentist – Non reimbursed*	
Sewer			Optometrist*	
Internet			Glasses/Contacts*	
TV			Therapy/Counseling	
Telephone – Land Line			Other Medical Expenses	
Cell Phone(s)			Life Insurance	
Other Utility			Long Term Disability Insurance	
Housekeeping			Homeowners Insurance	
Landscaping/Gardener			Auto Insurance	
Subtotal #1:			Subtotal #2:	



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Rent			State Income Tax deducted	
Home maintenance and repair*			Anticipated additional State Income Tax*	
Groceries/Toiletries Household Supplies			Property Taxes*	
Restaurants (all meals not included in allowances)			Other taxes	

INSTRUCTIONS:

Most people experienced with computer spreadsheet programs use them for this worksheet. These programs greatly simplify regular updating. In addition, these programs make it easier to develop subcategories to see clearly where household money is going if it becomes necessary to cut expenses.

For people who have never created a household budget, it will typically take a few months before they can accurately forecast their expenses. To be effective this has to become a working document that is updated on a regular basis.



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Restaurants (all meals not included in allowances)			Other taxes	
Clothes*			Medical Insurance Deducted from pay	
• Member			Additional Medical Insurance	
• Spouse			Medical Co-payments*	
• Children			Doctor – Non reimbursed*	
• Other			Medications	

INSTRUCTIONS (continued)

1. For normal reoccurring expenses, just enter the monthly amount. Where regular expenses vary throughout the year (ex. gas and electric depending on climate), use a “conservative average amount”. By this we mean not to use the worst case every month but make certain that the total yearly cost is covered in the budget.



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Restaurants (all meals not included in allowances)			Other taxes	
Clothes*			Medical Insurance Deducted from pay	

INSTRUCTIONS (continued)

2. Starred items (*) indicate that these are expenses that typically occur annually or occasionally rather than monthly. Make best conservative monthly estimates and include them in the budget. For these items, it is usually a good idea to set up a separate savings account that is paid into monthly to cover these expenses when they come up. Often times the unexpected car repair, home repair or medical expense can totally undermine the budget if money was not set aside for these items.



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• Spouse			Medical Co-payments*	
• Children			Doctor – Non reimbursed*	
• Other			Medications	
Electricity			Dental Insurance deducted from pay	
Gas			Additional dental insurance.	

INSTRUCTIONS (continued)

- Subtotal all of the columns and then add the subtotals together to see the total monthly expenses. Compare this with the total income in Worksheet 4F. The difference is the amount available every month for paying gambling debts.

EFFECTIVE April 25, 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 though the video conference app ZOOM. We are not affiliated with Gamblers Anonymous.

