**Assembly 2018 Step 4: Made a searching and fearless moral inventory.**

To my knowledge, there is only one way to do Step 4 wrong, and that is to do it alone.

**The following is a list of options to consider for your Step 4 Moral Inventory.**

-12 Step Liabilities and Assets Checklist

-Nar-Anon Debits and Credits Checklist

-Nar-Anon 36 Step Working Guide, Step 4 section, common character defects:

Trust, Fear, Resentment, Control, Anger, Worry, Self-Esteem

-Co-Dependent No More (author Melody Beattie) has an extensive list of co-dependent

behaviors under these headings: Caretaking, Low Self-Worth, Repression, Obsession,

Controlling, Denial, Weak Boundaries, Dependency, Lack of Trust, Poor Communication,

Anger, Sex Problems, Misc, and Progressive Codependency\*

-List of Spiritual Principles. (63 items) Which do you practice and which are you lacking?

Are you Accepting, Courageous, Honest, Humble, Open-Minded, Willing? (etc.)

-The 7 Deadly Needs. Or 8, if you include the Need to be needed.

To know, to be right, to get even, to look good, to judge, to keep score, to control.

-A Personal Time-Line. An accounting of your life thus far, noting significant circumstances,

events and relationships that have shaped and contributed to who you are today.

-A Pro and Con list

-A Gardening Layout. This metaphoric garden design is mentioned in the Nar-Anon 36.

What can be saved, what has to go? What needs sun, what needs shade?

Does something need a support trellis, fertilizer, special food, a professional?

\* Days of Wine and Roses