

Some Helpful Thoughts

Goal of the 4th Step is to have good relationships.

We inventory our mistakes, learn and move on.

Goal: Name, claim, and 'dump' so our relationships can improve. We then get improved body language, tone of voice, and speech.

This process stops us from allowing people to rent space in our heads.

Resentment is the number one offender. Resentment causes spiritual disease.

Inventory resentments, and make amends if necessary and let it go.

Anger is a warning sign that we need to take action.

Fourth Step inventory clears away what our self-will has done to us in the past.

This process is simple but not easy. It takes a lot of willingness.

Have a good attitude and keep working at it.

Our bondage is selfishness-what we want from a person, place or thing.

Our selfishness makes us addicts.

Fourth step and mini spot check inventories set us free.

Put 'feelings' on the BACK of inventory paper to keep the 'Cause' brief.

No gossip or judging others.

The God of our understanding is our director.

Life in one hand, food in the other. Do not clap!

We need healthy alternatives to excess food.

We cannot ignore our needs. We have the right to express our needs.

"Intellect" over emotions.

Remember that OA is a 'deep' program. We deal with our disease or 'drug' three times a day.

As we grow deeper in our recovery, we become more effective in all areas.

Start working Steps Ten and Eleven (read pp. 84-88) while working the other steps

The whole OA program is about repeating the same positive actions over and over.