

Handout - Step 4 Group 1

We stopped and thought about our strengths and our weaknesses
and thought about ourselves.

Step 1 Calls us to be Honest

Step 2 Calls us to have Hope

Step 3 Calls us to Faith

Step 4 Calls us to have COURAGE:

- Courage to look at ourselves.
- Courage to see ourselves as we really are.
 - This takes courage and allows us to stop “pretending” to be what we are NOT.
 - To have courage is to have “heart.”

Are you BRAVE enough to do this?

What makes you feel afraid?

How would you define or explain “character”:

What are some Character Traits (qualities) that you might consider?

- On the attached Character Traits list – check off those you think might apply to you:

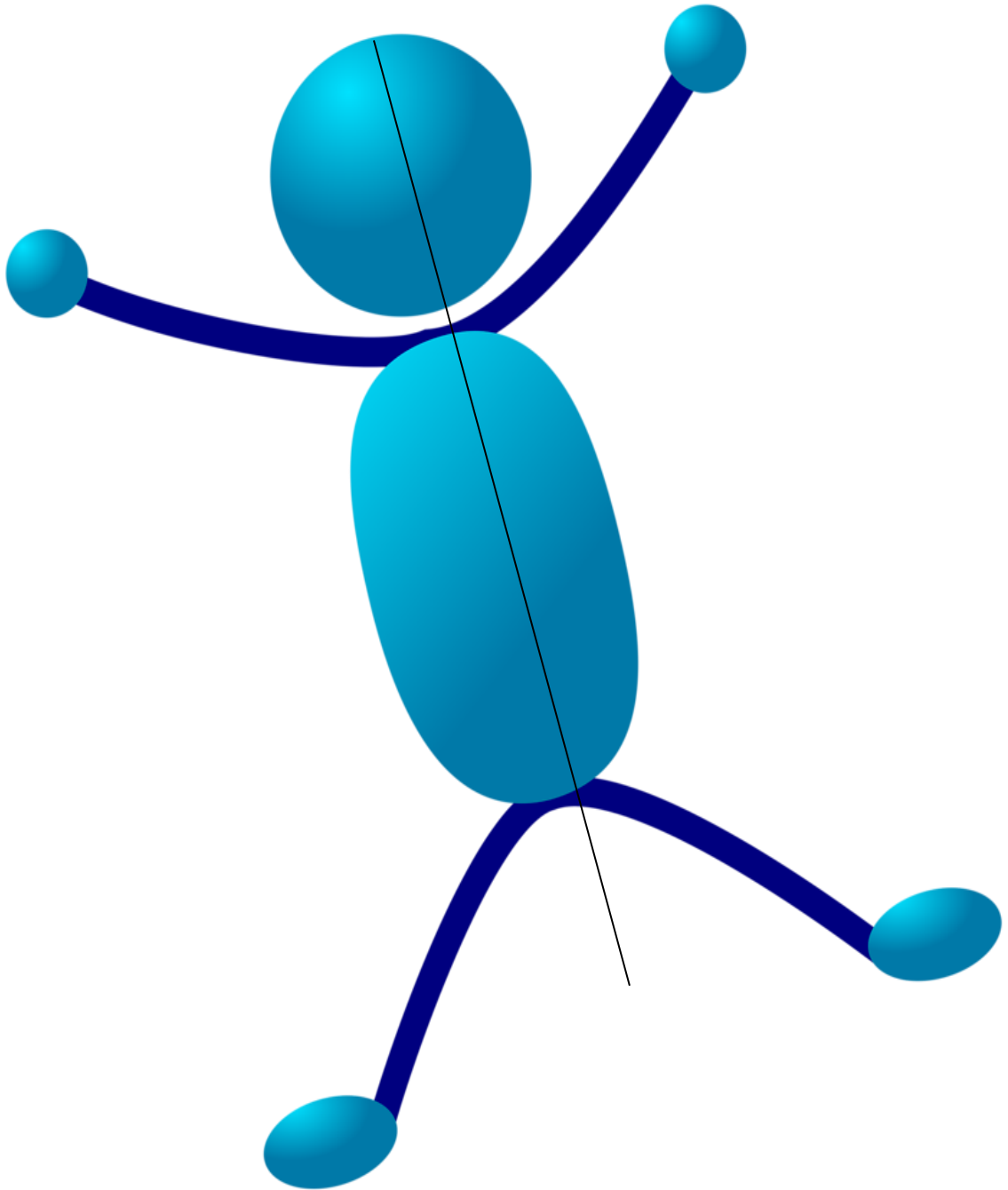
Character Qualities/Traits and what they mean

	Truthfulness – being honest		Deception - being dishonest
	Obedience – Freedom to be creative under authority		Willfulness – stubborn and resentful
	Sincerity – eagerness to do what is right with good motives		Hypocrisy – being 2 faced, saying one thing and doing another
	Virtue – being righteous and just		Evil – willing to do bad things to get what you want, hurting others
	Boldness – confidence in doing what is right and just		Fearfulness – unsure and timid
	Forgiveness – letting go when others harm me		Rejection - rejecting other who do harm to me
	Alertness – knowing what’s going on around me		Unawareness – not paying attention to what’s going on
	Hospitality – welcoming others and sharing what you have		Loneliness – staying away from others , keeping everything for yourself
	Generosity – sharing yourself and goods with others		Stinginess - hording yourself and goods
	Joyfulness – being happy and enthusiastic		Self Pity - dull and sad and feeling sorry for yourself
	Flexibility – being able to go with the flow as necessary		Resistance – being rigid and unable to accommodate when necessary
	Availability – open and willing to engage with others		Self-Centeredness – you must be the center of attention and focus
	Endurance – you don’t give up		Giving-Up –when things get hard you quit
	Patience – accepting difficulties and frustrations and moving on		Restlessness – if things don’t work the way you want, you move on
	Dependability – doing what you say you are going to do		Inconsistent – not following through on what you say
	Sensitivity – caring about others thoughts/feelings		Callousness – not caring what others thing/feel
	Gentleness – care and concern for others		Harshness – not caring and indifferent to others
	Loyalty – sticking by your, commitments, can count on you		Unfaithfulness – bailing out when things get difficult

Handout - Step 4 Group 2

**We stopped and thought about our strengths and our weaknesses
and thought about ourselves.**

Describe Characteristics on YOUR: Dark Side and Blessing Side



Handout - Step 4 Group 2

We stopped and thought about our strengths and our weaknesses
and thought about ourselves.

What are the positive and weak areas of who we are (our character).

- What are my Strengths? In harmony behavior. List Them – be specific!

Strength (In HARMONY) behaviors How do you feel about this realization?

- What are my weaknesses/shortcomings? Out of harmony behavior. List Them – be specific!
- Weaknesses (character deficits, out of harmony) behaviors.

- How do you feel about these out of harmony behaviors?

Never “beat” yourself up for your shortcomings. Face them with a “can fix” attitude.
Lets SHARE these with each other.

Handout - Step 4 Group 3

We stopped and thought about our strengths and our weaknesses
and thought about ourselves.

Step 1 Calls us to be Honest

Step 2 Calls us to have Hope

Step 3 Calls us to Faith

Step 4 Calls us to have COURAGE:

To have COURAGE is to have HEART! Step 4 is about beginning to find your heart.

Creator,

Protect me from my worst enemy – myself.

I ask that you guide me into the badlands of self,

that I may know you better.

Please protect my spirit as I relive the past in order to recovery.

Great Spirit,

Guide me as I face my own face.

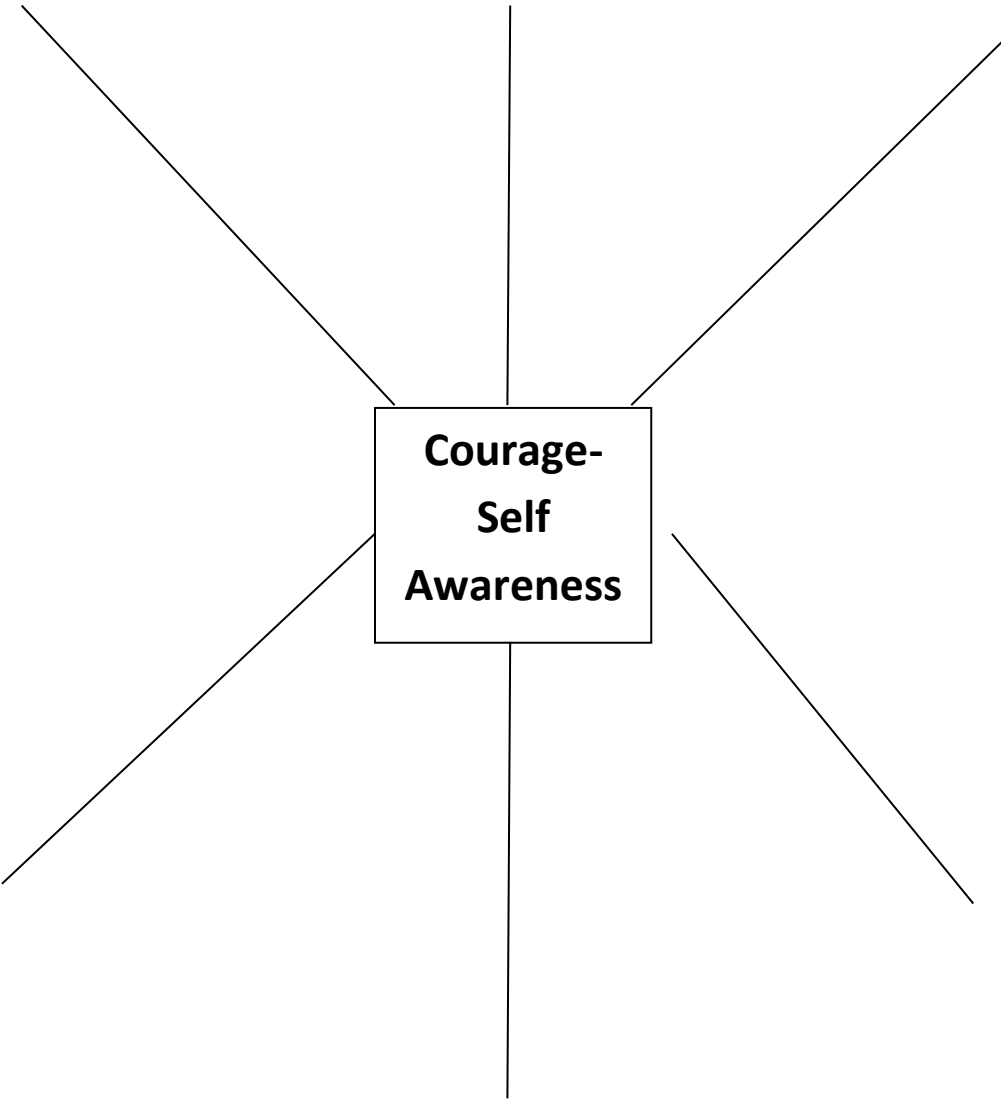
Where can you go to “face” yourself and your past? Would any of the following sites be helpful for you?

- Sweat
- Back porch
- Hill top
- Cemetery
- Powwow
- Holy Ground
- Church
- Forest
- River

ON the opposite side, draw yourself seeking “self” in a special place.

Step 4, Group 3

Let's Mind Map what COURAGE means to you:



Tickets – Group 1

Welcomed Sobriety Circle this morning and opened session with the Serenity Prayer. Reviewed the 12 Steps thus covered:

Step 1 Calls us to be Honest

Step 2 Calls us to have Hope

Step 3 Calls us to Faith

Introduced Step 4 which calls us to have COURAGE:

**We stopped and thought about our strengths and our weaknesses
and thought about ourselves.**

Discussed with group how this step encourages us to look honestly at our personal strengths and weaknesses – and stop pretending to be what we are not. Group was provided a chart of a variety of “Character Traits” and asked to select those strengths and weaknesses which reflect themselves. Group members then shared this with peers.

Plan:

- Continue overall study of 12 Steps and particularly Step 4.
- Continue peer support of sobriety process.

willing to engage with peers in sharing personal insights regarding strengths and weaknesses. Defensiveness low.

Tickets – Group 2

Welcomed Sobriety Circle this morning and opened session with the Serenity Prayer. Reviewed Step 4:

**We stopped and thought about our strengths and our weaknesses
and thought about ourselves.**

Last session group members were asked to focus on their personal strengths and weakness and try to specifically identify areas they might grow in. This group focus is on being able trust peers to “voice” them with peers. Encouraged clients not to “beat” themselves up over their weaknesses, but to adopt a “can do” attitude in changing their undesirable behaviors. Good group sharing with mind-mapping exercise..

Plan

- Continue support of sobriety and positive peer interactions.
- Continue work on better understanding Step 5 of the 12 Steps of AA

willing to engage with peers and willing to risk sharing personal deficits/weaknesses with peers. Doing well.

Tickets – Group 3

Welcomed Sobriety Circle this morning and opened session with the Serenity Prayer.

Proceeded to continue study/discussion/processing of Step 4 of the 12 Steps of AA:

**We stopped and thought about our strengths and our weaknesses
and thought about ourselves.**

Discussed how Step 1 calls us to honesty, Step 2 to Hope, Step 3 to Faith, and Step 4 to Courage. Discussed how Step 4 is all about finding “heart” and courage. To do this one must “face” oneself and one’s past. Talked about where this introspection might be most easily accessed (during a sweat, hill top, cemetery, Holy Ground, Church, river, etc.) Clients were asked to reflect and decide where a “special” place might be for them and illustrate this. Clients then invited to share and process with each other via mind-mapping exercise. Good group sharing.

Plan:

- Begin study/processing of Step 5 next week.
- Continue encouraging positive peer support and encouragement.

willing to engage in group activity and share with peers. Continues to be shy at times but willing when encouraged.