Today we’re exploring a simple practice of applying the principles of Steps 4 through 6.

1. Made a searching and fearless moral inventory of ourselves.
2. Admitted to ***God (of our spiritual understanding)***, to ourselves, and to another human being the exact nature of our ***wrongs (mistakes)***.
3. Were entirely ready to ***have God remove (release) all these defects of character (misaligned thoughts and behaviors)***

To begin, as quickly as you can, write about a recent situation where you experienced an immediate and strong emotional reaction. It can be about a personal interaction, about a piece of news, about an unexpected event, etc. What’s most important here is that you write whatever thoughts you’re having about the situation as quickly as possible without evaluating, judging or criticizing anything you write. Just let all the words in you flow out freely.

Learning from your narrative:

1. Read through your narrative, drawing a single line through everything EXCEPT the objective facts. observations that could be captured on audio/video.
2. Categorize what remains unmarked as:
   1. My observable behaviors were:
   2. Other’s observable behaviors were:
3. Categorize what you marked through as:
   1. Thoughts you had about someone else’s behavior:
   2. Thoughts you had about your own behavior:
   3. Emotions you experienced:
4. Looking at what you wrote under 3a and 3b, write an (A) beside each statement that reveals an Assumption you made and an (F) beside each statement that reveals an absolute indisputable Fact.
5. Looking at what you wrote under 3c:
   1. draw a star (★) beside each emotion that was caused by the objective observable behaviors you identified in 2a and 2b.
   2. draw a circle (⭘) beside each emotion that was caused by the thoughts you identified in 3a and 3b.
6. What, if any, mistakes have you become aware of to this point in the exercise? Below, write them as “I” statements from the perspective of an observer.
7. Share you “I” statements in #6 with someone.
8. Looking at your worksheet as a whole, which spiritual principle(s) will best support you to bring your thoughts, emotions, and behaviors into alignment with the Truth of your being? Write a Spiritual Mind Treatment for the purpose of fulfilling the intention of Step 6.