This week we’re invited to identify those moments, thoughts, choices, actions, and unintended outcomes that we’d prefer to forget – that still give us a twinge when we remember them.

The original wording of Step 4 reads: “Made a searching and fearless moral inventory of ourselves.”

Let’s look at each of the key components:

* **Searching**: comes from the root word *SEARCH* which comes from the Latin words: *circus (circle) and circare (go round).* The common definition of **Searching** is *“to look into or over carefully or thoroughly in an effort to find or discover something.”*
* **How do you understand the word *“searching”?***
* **Fearless**: comes from the root word *FEAR* which comes from the German words *Gefahr* meaning *danger.* The common definition of **Fearless** is *“lacking fear (danger)”*
* **How do you understand the word *“fearless”?***
* **Moral**: from the Latin word *MORES* meaning *moral.* The common definition of **Moral** is *“concerned with the principles of right and wrong behavior and the goodness or badness of human character.”*
* **How do you understand the word *“moral”?***
* **Ourselves**: comes from the combination of *OUR* from theOld English *ure* meaning *"of us, pertaining to or belonging to us"* and *SELF* from the Old English *self, sylf*, and *seolf* meaning *“one's own person”*.
* **How do you understand the word *“ourselves”?***

Use the TFUA tool to evaluate your initial experience of the 4th Step:

**1) When I consider making a searching and fearless moral inventory of myself I think:**

**2a) When I think** *(rewrite your thought from #1 above)*:

**2b) I feel** *(write down your FIRST feeling)*:

**3a) When I feel** *(rewrite your feeling word from #2b above)*:

**3b) I have an urge to** *(write down your FIRST urge)*:

**4a) When I have an urge to** *(rewrite your urge from #3b above)*:

**4b) I typically** *(write down the action you typically or most likely would take)*:

**ASSESS: Is everything in each of the above steps aligned with your values and your understanding of spiritual principles?**

**If yes, CELEBRATE!!**

**If not, try restating #1) as “When I choose to experience (…) by making a searching and fearless moral inventory of myself I think: (…) ” then walk your new statement through the process.**

**Repeat until all the steps are aligned with your values and your understanding of spiritual principles.**