

## 4<sup>th</sup> Step Absolutes Inventory

**1. Absolute Honesty:** *are we being HONEST relationship between our innermost selves and with God? Are we being HONEST in our relationships with each and every other human being we meet? When our internal sense of peace is lost – if we are HONEST - we will know the Ego has returned and life has presented us with a new opportunity to grow.*

### Is it true or is it false?

How have I fallen short in what I think, say or do? Please be specific.

**2. Absolute Unselfishness** *includes not merely that which we do for others, but that which we do for ourselves...We know that we must give of ourselves to others in order to maintain our own sobriety; in a spirit of complete selflessness with no thought of reward...We must be unselfish even in our pursuits of self-preservation. Not the least of our aid to others comes from examples of our own lives...those whose unselfish love guided us in the beginning, and those whom we in turn guided later on.*

### How will this affect the other fellow?

What am I living for - myself, my own position, money, place, power?

Or are my powers at the disposal of another's need? Are my powers at the disposal of our Creator's Work?"

This test comes to the root of the matter. In the final analysis, what controls my actions - self-interest or God-interest?

In the depths of my spirit, who gives the final word?

Am I self-directed or God directed? Are there any conditions under which I will or do tell a lie?

Can I be depended on to tell the truth - no matter the cost?

Can I be absolutely trusted in money matters? In my work? With other people's reputations?

Are there any areas of my life (currently or when thinking about something that's happened in the past) where I'm NOT dealing with reality or the truth?

Also, are there any laws or rules that I think don't apply to me?

Is there anyone in my life or anything about life in general that I think needs to change?

How have I fallen short in what I think, say or do? Please be specific.

### 3. Absolute Love

*Love is NOT a feeling, it is a DECISION. REAL love is what happens AFTER the feeling of love has gone. Consider these definitions: "Love is the will to extend ourselves for the purpose of nurturing our own or another's spiritual growth," or "Love is the active concern for the life and the growth of that which we love," or "Love is the ability and willingness to allow people to be who, and what they choose for themselves, without any insistence that they satisfy us." Bad tempered, touchy and quarrelsome spiritual people do as much to hold back our Creator's Work as liars and thieves.*

### Is it ugly or is it beautiful?

Is it based in faith or fear?

Am I easily offended or am I loving?

Do I lose my temper?

Am I quick to sense slights?

Or am I taking the attitude of love which refuses to be offended?

How have I fallen short in what I think, say or do? Please be specific.

**4. Absolute Purity:** *Am I growing in the awareness of God's presence in all the areas of my life and the awareness of His life within all of those around me as well? Am I seeing the world purely, through the eyes of God – or am I seeing it impurely, through the distorted eyes of my own inflated ego? Purity is concerned with clarifying motives and intentions, wholeheartedness, freeing relationships from manipulation and exploitation, finding liberation from addictions, lust and greed.*

*Our problem here is the unrelenting desire to do that which is right. Knowing what is right means little until we DO what is right.*

### Is it right or is it wrong?

Is someone being harmed by my actions, degraded by my thoughts, or hurt in any way by what I think, or do, or leave undone?

Are my motives pure in all of my affairs?

Do I take good care of my body?

Am I entertaining sexual lusts in act or in thought?

Do we have a problem with pornography?

We may not be in the gutter but is the gutter in us?

How have I fallen short in what I think, say or do? Please be specific.