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## **Al Anon Step 4 Workbook**

I would recommend this book for anyone in Al-Anon or ACOA in their Step 4 work. It could also easily fit in with other 12 step programmes. Clear

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easy guidelines to work through various issues. This spiral bound workbook is the most recent version with more included than previous editions

## **Blueprint for Progress: Al-Anon's Fourth Step Inventory ...**

These 4th Step Worksheets and A.A Fourth Study Guides are distilled right out of the Big Book of

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Alcoholics Anonymous!  
These Step Study  
Guides and Worksheets  
have been used by  
thousands of AA's,  
NA's, Al-Anon's, OA  
Overeater's, CA's, GA's  
and other 12 Step  
Recovery Program  
Members that use the  
12 Steps as instructed  
in the book, Alcoholics  
Anonymous.

**4th Step Inventory**  
**A.A. 4th Step Work**  
**sheets 12 Step**

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## **Guides**

In addition to the online guide, Al-Anon Family Groups has its Blueprint for Progress: Al-Anon's Fourth Step Inventory workbook which can be ordered online. But the greatest help available in doing Step 4 is available from a power greater than ourselves, as visitors to the bulletin board have demonstrated in their shares on this step, as our study of the 12

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Traditions and 12 Steps continues:

## **Understanding Step 4 of the 12 Steps - Verywell Mind**

Al Anon Workbook Pdf And Al Anon Step 4 Worksheet can be valuable inspiration for those who seek a picture according specific categories, you will find it in this website. Finally all pictures we have been displayed in this



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INVENTORY These

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Fourth Step worksheets use the wording from Alcoholics Anonymous (the Big Book) pages 63-71. Text in italics is quoted from the Big Book. When the word “optional” is used in the worksheets, it means that the Big Book suggests doing this but does not suggest writing anything down.

## **FOURTH STEP INVENTORY**

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Al-Anon Family Group.  
Al-Anon Home Page; Al-  
Anon What to expect;  
Al-Anon Online Tools ...  
my first step four was  
the one in the Big  
Book. But I have a  
Blueprint for progress  
also and I thought I  
should do both  
versions of the step I  
actually just picked up  
the big three ring one.  
... I think before I could  
even get to step 4 I  
had to get a few ...

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## **STEP 4 ALANON - Step Work - Step Work - Step Work**

Since its founding in 1951, Al-Anon Family Groups published more than 100 books and pamphlets that share Al-Anon's single purpose: to help family and friends recover from the effects of someone else's drinking. This literature supplements the face-to-face meetings where Al-Anon members

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share their insights and experiences with each other.

**Al-Anon Free  
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Meetings:  
888-425-2666 | Al-  
Anon ...**

Amazon.com: alanon  
12 step workbook. ...  
Reaching for Personal  
Freedom: Living the  
Legacies by Al-Anon  
Family Groups (2013)  
Spiral-bound. by Al-  
Anon Family Groups |

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## **Amazon.com: alanon 12 step workbook**

These Twelve Steps, adapted nearly word-for-word from the Twelve Steps of Alcoholics Anonymous, have been a tool for spiritual growth for

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millions of Al-Anon/Alateen members. At meetings, Al-Anon/Alateen members share with each other the personal lessons they have learned from practicing from these Steps.

## **The Twelve Steps | Al-Anon Family Groups**

Blueprint for Progress is one of the many ways for members to



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“do” a Fourth Step Inventory. Copies are available at the Al-Anon Information Office. Blueprint for Progress, Al-Anon’s Fourth Step Inventory. One member shares their findings.

### **Al Anon 4th Step Worksheets - Learny Kids**

The book I quoted from above, Paths to Recovery, How Al-Anon Works, the Blueprint

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for Progress, and When I Got busy I got Better, are all invaluable tools to help work this step. It is not necessary to read all those books as we cannot cover everything in a first fourth step.

## **ALANON STEP 4 - Step Work - Step Work - Step Work**

Chapter 4 of the book Alcoholics Anonymous. At each meeting, the team members will

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read what they At each meeting, the team members will read what they have written on powerlessness during that week.

### **Step Study Team Study Guide - My Spiritual Toolkit**

these sheets is directly from the Big Book 'Alcoholics

Anonymous', there is no opinion, just fact. To be able to start on this step, the previous

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three steps must of course have been completed, so before starting check with your sponsor, spiritual advisor, counselor, etc. to make sure you are ready. M

## **RESENTMENT INVENTORY PROMPT SHEET - 12 STEP**

Miracles In Progress 12  
Step Recovery

Forums-> Al-Anon

Family Group-> Al-

Anon Family Group->

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4th step workbook.

Start A New Topic

Reply. Post Info TOPIC:

4th step workbook;

sadako. Veteran

Member. Status:

Offline. Posts: 51. ... My

AH has a lot of Al-Anon

influence because I am

very active and we talk

a lot. When he got a

sponsor he had trouble

...

**4th step workbook -  
Al-Anon Family  
Group**

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Also Al-Anon has literature namely "Blueprint for Progress" that is a 4th step inventory book that lots of members here have used and like.

## **Need Help On Step 4 - Al-Anon Family Group**

Alanon Blueprint For Progress Workbook The Blueprint for Progress is Al-Anon's Fourth Step booklet that covers reflections &

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questions on six different aspects of personal growth. Alanon Blueprint For Progress Workbook Description: This revised Blueprint for Progress is a very good starting point for anyone wanting to attend to Fourth Step work.

## **Alanon Blueprint For Progress Workbook**

For questions about ordering products,

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contact Customer Service at [custserv@al-anon.org](mailto:custserv@al-anon.org), (757) 563-1600 9-6 ET M-F, or fax (757) 563-1655. For general inquiries, contact the World Service Office at [wso@al-anon.org](mailto:wso@al-anon.org).

**Item Detail -  
[ecomm.al-anon.org](http://ecomm.al-anon.org)**  
Paths to Recovery is the definitive book for everyone in Al-Anon. It contains both the 12 Steps and 12 Traditions



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of Al-Anon, plus other core writings that can help you get on--and stay on--the road to recovery. It's the ideal gift for anyone you know whose life is touched by another's addiction.

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