

## 4<sup>th</sup> Step<sup>1</sup> Writing Group using the Step Group Form

### 1. **Opening:**

My name is \_\_\_\_\_ and I'm your chairperson during this meeting. [The chairperson is either writing a 4<sup>th</sup> Step using the Step Group Form or has finished this self-survey.]

### 2. **Step Four:** "Made a searching and fearless moral inventory of ourselves."<sup>2</sup>

Begin with:

#### **The 4th Step Meeting Prayer**

**Please be in our hearts  
as we encourage each other to write  
a complete and fearless 4<sup>th</sup> Step.  
Give us the willingness  
to see our outer self.**

**Let us be wise when we speak.  
Release us from the limitations  
of our point of view.  
Give us the ability  
to see beyond thinking,  
to who we really are.**

### 3. **Preamble:** Read the Preamble to the Writing Group Meeting every other week.

### 4. **Facilitator**

A facilitator has a minimum of 10 months of active writing using the Step Group Form. A facilitator keeps current and is willing to attend and implement what they learn at the Facilitator Workshops. They read and use as a reference the *Guidelines for Facilitators and Writers*. Their purpose is "to make easy; to lessen difficulty of, to further and to promote."<sup>3</sup> Will facilitators please introduce yourself?

### 5. **To the newcomer**

If you are new to this writing group, we ask that you be an observer and begin to share after you have started writing. Please introduce yourself by your first name and tell us why you have come. [Give the newcomer an opportunity to respond.]

Is there a facilitator, who has completed their 4<sup>th</sup> Step and understands the use of the Framework, who will go over with [*the newcomer*] *Guidelines for the Newcomer*? You will rejoin the group after introducing them to this form of writing.

[Please assign the facilitator who best fits this description. Give them *Guidelines for the Newcomer* to reference. These guidelines can be downloaded off the web site [www.stepgroup.org](http://www.stepgroup.org) ]

### 6. **Meeting Guidelines**

We are a group that meets to give and receive encouragement to complete a 4<sup>th</sup>

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<sup>1</sup>The Twelve Steps are originally listed in Alcoholics Anonymous, p. 71 & 72, first edition.

<sup>2</sup>*Alcoholics Anonymous*, p. 71, first edition. Refer to this footnote any time the steps are mentioned.

<sup>3</sup>*Universal Dictionary*

Step using the Step Group Form. We serve two categories of people.

- those in 12-Step programs wishing a clearer understanding of the Twelve Steps as an enhancement to their 12-Step program
- and those people who are sincerely interested in changing their life and altering their current course of existence.

For both groups we offer clear and understandable input and suggestions for producing the miraculous result available by embracing the Twelve Steps as a way of life.

As a group we honor confidentiality. The focus of the sharing is on writing a 4<sup>th</sup> Step using the Step Group Form.

If you are having problems, we suggest you contact your guide. *The Framework* specifies that you meet weekly with your guide. A guide is someone who is finished writing. [Suggested reading is *The Guide Relationship*, FREE Download off the web site [www.stepgroup.org](http://www.stepgroup.org) ]

Every writing participant will share. We invite facilitators and writing members alike to help us see beyond the rigid ideas and opinions we have maintained so that we will become accustomed to the skills necessary for the 5<sup>th</sup> Step.

**7. Reading:** Choose between the following two options for reading. Alternate from week to week.

- Read two items from the Unabridged Framework in *The Twelve Steps as a Transformational Possibility*, or
- read the full short version of the Framework. In addition, read for ten minutes from the book *The Twelve Steps as a Transformational Possibility*.

**8. Sharing:**

We place no good or bad judgment or credit on completed or unkept commitments. Each week we notice our response to the commitments we have made to *the Framework*. Our treatment of *The Framework* silhouettes our point of view. By noticing our point of view we will become familiar with the thinking that creates problems in our life.

Begin by sharing what your commitment was and whether or not you kept it. We emphasize that any problem or progress with the writing should be shared in your weekly conversations with your guide. If your commitment was not kept, simply make that into a written event this week paying particular attention to the point of view within the event. End your sharing with your writing commitment for the following week. If you wish, you may add your commitment for attendance at this group.

**9. Meeting End:**

a. Everyone has had an opportunity to share. If you have an unfinished issue, please talk with your guide or a facilitator about it after the meeting.

b. Please pass the basket. Participation in this group is free of charge. We say “contribute to that which supports you.” All donations are tax deductible. Your contribution helps us to support the Twelve Steps using the Step Group Form for people all over the world.

d. To the newcomer: Whether or not you begin the writing we recommend you stay a few minutes after the meeting and talk with people. If you wish to start writing, set up a private meeting to discuss the details of beginning your writing and getting a guide. Are there any newcomers who wish to start writing?

**10. Close:**

Close the meeting with the group's choice of prayer.

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