

COMING UP in the  
August Lifeline,  
what the promises  
mean for OAers

# Lifeline Weekly

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## Is One Fourth Step Inventory Enough?

Fourth Step inventories are like layers of an onion: We peel away only as much as we can handle. As we grow through working the Steps, new awareness comes, and we see layers we haven't touched. We have to expose even more and then deal with it.

How do we know when it is time for a new Fourth Step inventory? Why not just keep to writing for the Tenth Step? When a Tenth Step inventory acts as a bandage for a wound that really requires stitches, perhaps it is time for some new Fourth Step writing.

Inventory suggestions:

- Set loving expectations.
- Try unlined paper. It frees the thoughts.
- Let *feelings* flow and don't hold back.
- Keep writing until it is done. We don't need to re-read or edit. When we give it away piecemeal it dissipates the energy, and we don't let ourselves pursue certain areas to the fullest.

- After each writing session, make a list of some things we really like about ourselves.
- Endorse the positive.

When we open that dark closet of our mind and look for the skeletons we have been hiding inside, we usually find that they are simply phantoms that disappear when the light of love shines in.

—Lifeline, August 1974



## Inspiration

We can learn from each other's stories but more important is to walk together on the path to healing.

— Lifeline,  
October 2005



## A Call To Service

Anonymous says, "Service keeps me out of myself and helps establish an attitude of gratitude. Staying abstinent is easier when I do not have idle time on my hands."

*How will you serve this week?*

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