Step 4: A Fair Inventory

> *"And indeed this very fact is proof that my spirit is altered into something better, - that it can see its own faults, of which it was previously ignorant."*
>
> Seneca, Letters 6 (tr. Gummere)

Write as a fair witness would - honest, specific, without cruelty. One line per resentment, fear or harm. "My part" is not about blame; it is the piece that was yours to choose. Use as many sheets as you need, and finish with your strengths, because an honest inventory includes those too.

WHO OR WHAT	WHAT HAPPENED	WHAT IT TOUCHED IN ME (PRIDE, SECURITY, FEAR, RELATIONSHIPS)	MY PART - WHAT WAS MINE TO CHOOSE	R / F / H *resentment, fear, harm*

Patterns I notice

Strengths I can build on

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)

Step 8: The List

> *"If it is not right, do not do it: if it is not true, do not say it."*
>
> Marcus Aurelius, Meditations 12.17 (tr. Long)

Step 8 is the list, not the amends. Write everyone down, including the ones you would rather leave off. "Willing yet?" can honestly say "not yet". Mark anyone an amends could harm, including yourself, and talk those through with a sponsor or counsellor before acting.

PERSON	WHAT I DID	HOW IT AFFECTED THEM	WHAT PUTTING IT RIGHT MIGHT LOOK LIKE	WILLING YET? ANY RISK OF HARM?

Who did I leave off, and why?

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)

Step 10: The Daily Spot-Check

> *"Examine yourself; scrutinize and observe yourself in divers ways."*
>
> Seneca, Letters 16 (tr. Gummere)

Step 10 is a short, regular version of Step 4. Each night, one line in each column. "Did I put it right?" means promptly admitting it - an apology, a correction, a message. If not yet, note what you will do tomorrow. Finish the week by reading it back.

DAY	WHERE WAS I WRONG TODAY?	DID I PUT IT RIGHT? HOW?	WHAT DO I STILL OWE, AND TO WHOM?	WHAT WENT WELL TODAY?
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Reading the week back: what repeats?

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)

Step 1: An Honest Look

> *"There are things which are within our power, and there are things which are beyond our power."*
>
> Epictetus, Enchiridion 1 (tr. Higginson)

Step 1 is about seeing clearly. Write the facts as a fair witness would. Admitting what has not worked is not weakness; for Epictetus, knowing what is and is not in your power is where freedom begins.

WAYS I TRIED TO CONTROL MY DRINKING	WHAT ACTUALLY HAPPENED

AREA OF MY LIFE	HOW DRINKING HAS MADE IT HARDER TO MANAGE
Health and sleep	
Work or study	
Relationships and family	
Money	
Self-respect	

What I am ready to admit today

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)

Step 9: Preparing an Amends

> *"Accustom thyself to attend carefully to what is said by another, and as much as it is possible, be in the speaker's mind."*
>
> Marcus Aurelius, Meditations 6.53 (tr. Long)

An amends is about your part, not theirs. No "but". Keep it short and listen more than you speak. Their response is not in your control. If making contact could hurt them or anyone else, find another way to put it right.

Person: _____ Talked through with: _____

What I did - the facts, without excuses

What I will say

I did..., it was wrong because..., I am sorry. Nothing that shifts the blame.

What I can offer to put right

What is not in my control

Their response, forgiveness, timing.

Could this harm them or anyone else?

If so, what is another way to make it right?

Afterwards: what happened, and how am I?

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)

Step 11: Ten Quiet Minutes

> *"For nowhere either with more quiet or more freedom from trouble does a man retire than into his own soul."*
>
> Marcus Aurelius, Meditations 4.3 (tr. Long)

Marcus did not need a retreat in the country; he found quiet in his own mind. Each morning, one line on how you want to meet the day. Each evening, one line on how it went. The quiet minutes can be any practice that suits you.

DAY	MORNING: HOW I WANT TO MEET TODAY	QUIET MINUTES	EVENING: WHAT I NOTICED
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Something I understood this week

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)

Step 12: Passing It On

> *"Welcome those whom you yourself can improve. The process is mutual; for men learn while they teach."*
>
> Seneca, Letters 7 (tr. Gummere)

Service does not need to be grand. A text, a lift, a cup of tea at a meeting, an honest share. Start by remembering who helped you. Finish with your limits - your own sobriety comes first.

Who helped me, and how

Something I have learned that might help someone else

Small ways I could help this month

- [ ] Message someone newer than me
- [ ] Give a lift or meet someone at a meeting
- [ ] Share honestly when the time comes
- [ ] Make the tea, set up the room
- [ ] Pass on a worksheet or reading that helped me
- [ ] My own idea: _____

My limits - what protects my own recovery

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)

Step 2: Coming to Believe

> *"Constantly regard the universe as one living being, having one substance and one soul."*
>
> Marcus Aurelius, Meditations 4.40 (tr. Long)

You do not need to settle any big questions to work Step 2. Marcus saw himself as one part of a larger whole, and found steadiness in that. Start with what you have seen with your own eyes, and stay open about the rest.

What my drinking has looked like, again and again

The same thing, expecting a different result.

What a sane ordinary day would look like

Not a revelation. A Tuesday that goes well.

A power greater than me could be...

- [ ] The group, and the people in it who have recovered
- [ ] Reason, nature or the order of things
- [ ] God, as I understand God
- [ ] The people who love me and want me well
- [ ] I do not know yet, and I am willing to stay open

Evidence I have already seen that people recover

People I have met, heard or read about.

One open-minded step I can take this week

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)

Step 3: Turning It Over

> *"Demand not that events should happen as you wish; but wish them to happen as they do happen, and you will go on well."*
>
> Epictetus, Enchiridion 8 (tr. Higginson)

Step 3 is a decision, made again each day. Epictetus would recognise it: do your part fully, and let go of the outcome. The reserve clause - "I will do this, if nothing prevents me" - is a small way to practise it.

WHAT I AM STILL TRYING TO CONTROL	WHAT HAPPENS WHEN I TRY	WHAT LETTING GO WOULD LOOK LIKE

The reserve clause

"I will _____, if nothing prevents me." Write three for tomorrow:

My Step 3 sentence for each morning, in my own words

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)

Step 5: Telling Someone

> *"Why will no man confess his faults? Because he is still in their grasp; only he who is awake can recount his dream, and similarly a confession of sin is a proof of sound mind."*

Seneca, Letters 53 (tr. Gummere)

For Seneca, being able to admit your faults is a sign of waking up, not of weakness. Choose someone trustworthy and experienced. You do not need to rehearse every word; this sheet is for preparing your mind.

Who I will tell

Name: _____ **When:** _____

- [ ] **I trust them to keep it private**
- [ ] **They have experience of recovery, or of listening (sponsor, counsellor, faith leader)**
- [ ] **They will be honest with me, not just kind**

What I most fear saying

What I want them to understand

Patterns I have noticed from my inventory

Afterwards: how I feel, and what I learned

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)

Step 6: Becoming Ready

> *"Yet there is nothing so hard and difficult that the mind of man cannot overcome it, and with which unremitting study will not render him familiar."*
>
> Seneca, On Anger 2.12 (tr. Stewart)

Readiness starts with honesty about the payoff: most defects survive because they give us something. Be specific. Readiness is a scale, not a switch, and "not yet" is an honest answer.

DEFECT	WHAT IT STILL GIVES ME	WHAT IT COSTS ME AND OTHERS	READY? 0-10	THE QUALITY I WANT INSTEAD

The one I am most ready to work on, and a first small step

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)

Step 7: Humbly Asking

> *"If you would improve, be content to be thought foolish and dull with regard to externals."*
>
> Epictetus, Enchiridion 13 (tr. Higginson)

Humility, for the Stoics, meant not needing to look good. Asking for help is part of that. Write your request in whatever form suits you - a prayer, an intention, words to a sponsor - then practise the opposite quality each day.

The shortcoming I am working on

Asking for help, in my own words

The opposite quality, and what it looks like in practice

DAY	WHERE I PRACTISED IT TODAY	WHERE I FELL BACK, AND WHAT I LEARNED
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)