

Step 4 Made a searching and fearless moral inventory of ourselves

4F Drive - Loneliness and Abandonment

The fourth step is a process of finding out about who and what we are. In order to become better human beings, we need to know where we are starting from. For many of us, that means looking at how disconnected we are - from others and from ourselves. The moral issues are: Loneliness often leads to us hunting for a victim to “connect to” sexually or to us throwing away our values in order to keep another person. Abandonment often leads to our abandoning our loved ones, not having any empathy for our victims, and using violence.

Inventory how I have not been handling loneliness according to my higher power’s wishes:
How have I tried to connect to someone by acting out?

Loneliness has to do with not accepting of who, where, and what I am. It arises out of our own separations – those from our parents, separated from peers, separation from a higher power, and separating from our own selves. How separated from my self do I feel at times?

What kinds of abandonment did I experience growing up? Give as many examples as you can remember. (There is a terrible point of abandonment for those who were abused by their parents - hurting and nobody available to go to for help.)

What things tell me that I am experiencing loneliness?

How have I used my addiction to cope with loneliness and abandonment? Who have I hurt by that?

How have I rejected other people’s hurt in order to fulfill my own wants? How have I abandoned people after using them for my addiction?

How has loneliness or abandonment affected my hopes and dreams for life or my opinions of myself and what I am capable of doing or being?

What would it be like to experience these under the care and direction of my higher power and not act out? Those of us who have split into “fractured” or “multiple personalities” may have to learn special techniques for this.