

Step 4 Made a searching and fearless moral inventory of ourselves

4J Drive and motivations - Hurt

Hurts will happen in life. There is no way to totally protect ourselves from hurts. The moral issue is how we deal with hurts. "Grief unspoken turns to poison." We can protect ourselves from the kind of hurts which sent us into our addiction. Grief is the healthy way to deal with hurt. The five stages of dealing with trauma are: denial, anger, bargaining, depression, and acceptance. Grief work consists of acceptance of the loss, experiencing the pain, adjusting to the new situation, and actively investing in our new reality. Inventory how you have dealt with hurts in ways outside of your higher power's wishes for your life: What hurts have sent me into my addiction?

Denial of hurts can lead to re-enactment of the hurts on ourselves, blaming ourselves for the situation (and becoming a perfectionist), hurting new victims, avoiding certain situations, compulsive anger, irrational fears, or isolation and loss of self. How was I taught to deny my hurts? How have I denied that I was hurt and what has it cost me to deny my hurts? Have I tried to be an over achiever to compensate for the hurt?

Other ways we can tell we are denying hurts are when we hurt ourselves by cutting, scratching, pulling hairs, getting tattoos, avoiding medical attention, or becoming "accident prone". How am I continuing to hurt myself to avoid the emotional pain?

"Carrying a grudge", envy, resentments, entitlement, and bitterness develop when we nurse a hurt instead of expressing it. We can claim to be a victim even when we have hurt others. How have I done any of that? How have I been further hurt by doing that?

Some people lash out at others when hurting. Others look for more vulnerable people to pass the hurts on to. Others will try to control those around them. Have I done any of those? List some instances.

Others project all the hurt on others and adopt causes such as environmentalism, animal rights, "lost children", religion, etc. We do this by demonizing certain others and scapegoating certain people. Have I scapegoated anyone? Have I adopted a cause and thus been able to ignore the costs of my addiction?

What would it mean to look to my higher power's care for direction for dealing with hurts?