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Inventory ...

The original Blueprint for Progress (P-5) continues to be available, however, there is something fresher and also useful in a practical, provision-of-space sense about the revised version.

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expanded from P-5 to include additional sections on fear, anger, control, intimacy, sex, finances, and spirituality.

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Using this book as a
guide is helpful for

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working one-on-one with a sponsee as well. It really helps to get the conversational ball rolling. As stated in the Blueprint for Progress: Al-Anon's Fourth Step Inventory, The Fourth Step can be an essential tool for personal growth. Many of us have been so obsessed

Blueprint for Progress: Al-Anon's Fourth Step

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Blueprint for Progress:

4th Step Inventory
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Workbook for
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topics including fear,
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and spirituality.

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embarrassing work, the
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Blueprint for Progress: Al-Anon's Fourth... book

The book I quoted from above, Paths to Recovery, How Al-Anon Works, the Blueprint for Progress, and When I Got busy I got Better, are all invaluable tools to help work this step. It is not necessary to read all those books as we cannot cover everything in a first fourth step.

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ALANON STEP 4 - Step Work - Step Work

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