

# A Compassionate 4th Step

One method to complete a 4th Step in CoDA

## Workshop

### Facilitators...

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### Outline...

- Intro/how to
- Practice-yep you!
- Journal time 10mins
- BREAK
- Brief, facilitated  
small group shares
- Large group Q&A
- Now what?/Next steps
- Takeaways
- The Promises

### Participants will...

Learn about and begin to use one type of CoDA specific, compassionate 4th Step

Practice with the tool, reflect and ask questions

Discuss and determine their next steps

Gain confidence and an understanding of the benefits of doing the 4th step in CoDA

# Opening Prayer

God,  
Today, I choose to release every assumption I hold — about myself, my struggles, my path, and even my understanding of a Higher Power.

I open my heart and mind to new truths, new experiences, and deeper clarity.

Guide me toward honesty, humility, and the willingness to grow. Help me see what is real and walk in it with courage and grace. Amen.

Welcome and introductions:

Name

Home group if any

Have you ever done a 4th step before?

One thing that makes you smile?

*(besides doing a 4th step inventory)*

**Promise 4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.**

Why “compassionate” 4th step?

And what are the benefits of doing a 4th Step?

Remember the next step (Step 5) is about the exact NATURE of our wrongs...

We seek understanding of the functions of our defects (codependent behaviors) and what drives them.

This allows us to better understand and accept ourselves. Removing the blocks to our Higher Power and moving us into a beautiful life full of progress not perfection.

# The method

Goal: Data collection

- A snapshot of your codependency in a visual way
- Anyone in any stage of their recovery can use this to do a 4th Step
- Flexible and balanced

Uses the Recovery Patterns of Codependence (RPC's)

Helps make it less overwhelming/easy to chunk it down

Shows me which are my most prevalent or problematic patterns

What patterns I use in different areas of my life (love, family, work...)

Highlights relationships that bring out my codependency if any

4th Step Pattern Trend Worksheet

Relationship Category: (circle one)											
	Love	1stFamily	Child	Work	Friends	Other					
Person											
Denial1											
D2											
D3											
D4											
D5											
D6											
D7											
D8											
D9											
Avoid1											
A2											
A3											
A4											
A5											
A6											
A7											
A8											
A9											
A10											
A11											

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Notice the RPC's are #'ed down the side by the 5 types.

D=denial

A=avoidance

LSE=low self esteem

Cp=compliance

Ctl=control

Notice the categories at the top...

Notice the row for "person"

## How to use it:

Choose an area to focus on. One at a time. Love, family, work, friends, etc...  
List everyone specifically by name that you interact with now or have had a relationship with in the past that can illuminate your patterns.

Take each name on the list one at a time. Try to really be honest and reflect on how you show up with this person, generally, most of the time. Good idea to ask your HP to give you the gift of awareness before starting.

If you are doing a comprehensive inventory you will go down all 55 RPCs under each name. If you are just looking at one of the five types, just do the patterns in that section, then move on to the next name. (This seems to work better than taking each pattern one at a time and going across.)

When filling in the trends sheet chart...

Ask yourself...is it more true than not true? Do any examples come to mind?

**Rule #1 Don't overthink it.**

**Rule #2 Look at the "in recovery" side too**

To have a balanced picture of ourselves... which is ultimately what we need... we also need to see our healthy behaviors and growth.

Okay to note when you have consistently moved to the right, or you can just notice the things not marked.

4th Step Pattern Trend Worksheet

Relationship Category: (circle one) Love 1stFamily Child Work Friends Other







Person	A	B	C	D	E						
Denial1	⊗			⊗	⊗						
D2	⊗	⊗	⊗	⊗	⊗						
D3				⊗							
D4	♥										
D5			⊗	⊗	⊗						
D6	♥										
D7	⊗	⊗		⊗							
D8		⊗		⊗							
D9	⊗	⊗	⊗	⊗							

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Avoid1				⊗							
A2			⊗	⊗							
A3	⊗										
A4	♥										
A5	⊗	⊗	⊗	⊗	⊗						
A6	♥										
A7			⊗	⊗							
A8				⊗							
A9				⊗							
A10	♥										
A11	♥										

Example 1- denial & avoidance

What do you notice?

4th Step Pattern Trend Worksheet												
Relationship Category: (circle one)					Love	1stFamily	Child	Work	Friends	Other		
Person	A	B	C	D	E							
LowSE1	⊗			⊗								
LSE2		⊗										
LSE3				⊗								
LSE4 												
LSE5				⊗								
LSE6	⊗	⊗		⊗			⊗					
LSE7							⊗					
LSE8 												
LSE9				⊗								
LSE10 												
LSE11 												
LSE12				⊗								
LSE13				⊗								
Comp1	⊗			⊗								
Cp2 												
Cp3				⊗								
Cp4				⊗								
Cp5					⊗							
Cp6				⊗								
Cp7 												
Cp8				⊗								

## Example 1- LSE & Compliance

Looking at these categories, what does this show us?

# Let's keep digging...



It can be helpful to see how we operate in different areas...

If you have room and want to use the same sheet for another category, you can do that

It might look like this...

4th Step Pattern Trend Worksheet

Relationship Category: (circle one) Love 1stFamily Child Work Friends Other

Person	A	B	C	D	E	L	M	N	O	P
Denial1	⊗			⊗	⊗					
D2	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗		⊗
D3				⊗						
D4	♥									
D5			⊗	⊗	⊗					
D6						⊗	⊗	⊗		⊗
D7	⊗	⊗		⊗						
D8		⊗		⊗						
D9	⊗	⊗	⊗	⊗						
Avoid1				⊗						
A2			⊗	⊗		⊗		⊗		⊗
A3	⊗									
A4	♥									
A5	⊗	⊗	⊗	⊗	⊗					
A6	♥									
A7			⊗	⊗				⊗		
A8				⊗						
A9				⊗						
A10							⊗		⊗	
A11						⊗		⊗		⊗

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Example 1-

Now what do you notice?

4th Step Pattern Trend Worksheet												
Relationship Category: (circle one)			Love	1stFamily	Child	Work	Friends	Other_____				
Person	A	B	C	D	E	F	L	M	N	O	P	
LowSE1	⊗			⊗								
LSE2		⊗							⊗			
LSE3				⊗								
LSE4				⊗								
LSE5				⊗					⊗			
LSE6	⊗	⊗		⊗	⊗			⊗	⊗		⊗	
LSE7					⊗							
LSE8												
LSE9				⊗					⊗			
LSE10							⊗		⊗			
LSE11									⊗			
LSE12				⊗								
LSE13				⊗					⊗			
Comp1	⊗		⊗						⊗			
Cp2												
Cp3			⊗									
Cp4			⊗									
Cp5				⊗			⊗	⊗	⊗		⊗	
Cp6			⊗						⊗			
Cp7												
Cp8			⊗									

## Example 1- LSE & Compliance




When we add work in,  
what do we see now?



**Better not forget  
about control...**

4th Step Pattern Trend Worksheet

Relationship Category: (circle one) Love 1stFamily Child Work Friends Other

Person	A	B	C	D	E	?	L	M	N	O	P
Control1	⊗			⊗			⊗	⊗	⊗	⊗	⊗
Ctl2	⊗			⊗			⊗	⊗	⊗	⊗	⊗
Ctl3				⊗			⊗	⊗	⊗	⊗	⊗
Ctl4				⊗			⊗	⊗	⊗	⊗	⊗
Ctl5 											
Ctl6				⊗				⊗			
Ctl7 											
Ctl8				⊗				⊗			
Ctl9		⊗						⊗	⊗		
Ctl10				⊗			⊗				⊗
Ctl11				⊗				⊗			⊗
Ctl12 											
Ctl13							⊗		⊗		
Ctl14				⊗				⊗	⊗		

NOTES:

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Example 1- control

What do you see here?

How does this fit in with what we found out in the previous areas?

What are some good reflection questions this person can ask themselves?

## PRACTICE...

Okay now it's your turn.

Choose how you want to proceed.

We will take no more than 10 mins to go through the trend sheet.

Option A: Pick a category you want to start with... Love, work, family, friends, etc.

Option B: Pick a specific relationship to examine. This should not be your most difficult, traumatic or painful one... no more than an emotional 3 or 4...

Option C: Pick one of the 5 areas to examine... denial, avoidance, LSE, compliance or control.

- List all specific people involved
- Go through the RPC's
- Check if a pattern is present in that relationship more often than not.

Remember Rules 1 & 2

Don't overthink it. If stuck, use the recovery side to compare.

# Okay... now what?

Let's take 10 mins to journal on some of our data.

Pick one prevalent pattern or type and reflect on questions like:

- What part of me believes this behavior is helpful? Why?
- What drives this behavior? What is my part?
- What situations or feelings bring it out?
- When did I start displaying this behavior? Earliest conscious memory?
- other ?s....

Use the worksheet or your notebook to journal what comes up for you on the “codependents often” and “in recovery” sides...

#### 4<sup>th</sup> Step Worksheet-Reflections on the Patterns and Recovery Behaviors

Denial Patterns	<b>Codependents often...</b>	<b>In Recovery...</b>
D1	Have difficulty identifying what they are feeling.	I am aware of my feelings and identify them, often in the moment. I know the difference between my thoughts and feelings.
D2	Minimize, alter, or deny how they truly feel.	I embrace my feelings; they are valid and important.
D3	Perceive themselves as completely unselfish and dedicated to the wellbeing of others	I know the difference between caring and caretaking. I recognize that caretaking others is often motivated by a need to benefit myself.
D4	Lack empathy for the feelings and needs of others.	I am able to feel compassion for another's feelings and needs.

# Break

Whew! Good work.  
Almost done!



Move into short facilitated small groups...



Discuss what came up for you in this exercise...

What was surprising? What was challenging? What was helpful?

Note any questions that come to mind to bring back to the large group Q&A

Large group Q & A

# This is only the beginning... Next steps?

Some good places to start might be...

**Commit to data collection by using the tool to do a comprehensive inventory. Uncover your top 5 most problematic RPCs.**

**Get more insight in an area of your life by doing an in depth look at one category...love, work, family, friends.**

**Take a deep dive into what's going on within one or two particular, problematic relationship(s).**

**Journal and talk to a sponsor or recovery friend about what you found. Dig in to the inherent character/qualities that show up.**

# Takeaways



# The 12 Promises

1. I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
- 4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.**
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.

7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible to mend - to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust the guidance I receive from my higher power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.