

4th Step Worksheet

Instructions

- Read the instructions carefully before starting each section.
- Take your time with each question, allowing for honest and thorough reflection.

| 1. Resentments | |
|---|--|
| A. Whom did I harm? | B. Why was I angry? |
| <input type="checkbox"/> Family <input type="checkbox"/> Friends <input type="checkbox"/> Co-workers <input type="checkbox"/> Other: | <input type="checkbox"/> Unmet expectations <input type="checkbox"/> Perceived injustices <input type="checkbox"/> Betrayals <input type="checkbox"/> Other: |
| C. How did I cause harm? | D. From the list below, select the primary emotion associated with your resentment: |
| <input type="checkbox"/> Verbal abuse <input type="checkbox"/> Manipulation <input type="checkbox"/> Isolation <input type="checkbox"/> Other: | <input type="checkbox"/> Anger <input type="checkbox"/> Fear <input type="checkbox"/> Hurt <input type="checkbox"/> Disappointment <input type="checkbox"/> Betrayal <input type="checkbox"/> Other: |
| 2. Fears | |
| A. What fears do I have? | B. Why do I have these fears? |
| <input type="checkbox"/> Abandonment <input type="checkbox"/> Failure <input type="checkbox"/> Rejection <input type="checkbox"/> Other: | <input type="checkbox"/> Past experiences <input type="checkbox"/> Traumas <input type="checkbox"/> Insecurities <input type="checkbox"/> Other: |
| C. How do these fears affect my actions? | D. Identify the primary source or trigger of your fear by choosing one of the following: |
| <input type="checkbox"/> Avoidance <input type="checkbox"/> Control <input type="checkbox"/> Isolation <input type="checkbox"/> Other: | <input type="checkbox"/> Past traumatic experiences <input type="checkbox"/> Social judgement or rejection <input type="checkbox"/> Uncertain future outcomes <input type="checkbox"/> Personal insecurities <input type="checkbox"/> Loss of control <input type="checkbox"/> Other: |

Na Fourth Step Guide

Esmond Vedder DeGraff

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Na Fourth Step Guide:

The NA Step Working Guides Fellowship of Narcotics Anonymous, **Prevention Pipeline**, 1989 An alcohol and drug awareness service *A Sponsorship Guide for 12-Step Programs* M. T., 1998-02-15 This book offers the reader far ranging suggestions based on experience for the most common issues and dilemmas that arise when one agrees to be someone's sponsor in any of the twelve step fellowships The guide is a wonderful resource for anyone who has agreed to be a sponsor who wants a sponsor who does not have the best sponsor for him herself or access to a sponsor *NIDA Notes*, 1988 *Polish Folk Dances and Songs* Ada Dziewanowska, 1997 This comprehensive work contains in depth descriptions of Poland's most characteristic dances Step by step instructions on basic steps with illustrations and over 90 appropriate musical selections with historical information on folklore The author was born and raised in Poland and is the artistic director and choreographer of the Syrena Polish Folk Dance Ensemble in Milwaukee *Tintinalli's Emergency Medicine: A Comprehensive Study Guide, 8th edition* Judith E. Tintinalli, J. Stephan Stapczynski, O. John Ma, David M. Cline, Garth D. Meckler, 2016-03-22 The most widely used and highly regarded textbook and reference of emergency medicine Endorsed by the American College of Emergency Physicians The 8th edition of Tintinalli's Emergency Medicine provides the depth and breadth of coverage that reflects the complexity and expertise needed to practice emergency medicine successfully in today's fast paced environments It is an important contemporary clinical emergency care resource for physicians NPs and PAs who practice emergency medicine and for emergency medicine and pediatric emergency medicine fellows It remains the preferred study guide for in training and board examinations and recertification NEW to this edition Full color design with more tables than ever to succinctly present key information Extensive updates to all sections incorporating the latest guidelines evidence based protocols and relevant research Expanded pediatric section with complete clinical information for general and pediatric emergency physicians Expanded coverage of common emergency department procedures with improved illustrations Online access to more than 30 videos covering a wide range of procedural and diagnostic topics and focusing on the latest ultrasound guided techniques From the reviews of the seventh edition Collectively they have once again produced an excellent text that manages to cover the broad scope of emergency medicine while remaining an easily readable and practical resource Last for the inevitable comparison of this current edition of Tintinalli's Emergency Medicine with other available emergency medicine textbooks available in my opinion Tintinalli's still comes out on top It is more concise and easier to read than some yet it covers the breadth of emergency medicine practice more comprehensively than others Just as previous editions did the seventh presents all of the most pertinent and up to date information in a well organized format that is comprehensive yet easy to read That and many of the attractive new features in this current edition will ensure its place on my bookshelf for years to come JAMA **Educational Research Document Summaries** Educational Research Information Center (U.S.), 1966 **The Drunk Driver and Jail. Volume 4 - Step by Step to a**

Comprehensive DWI Corrections Program ,1986 **School-room Guide** Esmond Vedder DeGraff,1879 **The School-room Guide** Esmond Vedder DeGraff,1877 The School Room Guide to Methods of Teaching and School Management Esmond Vedder DeGraff,1890 *Nainital Bank Clerks & Management Trainees Exam | 10 Full-length Mock Tests (Solved 2000+ Questions)* EduGorilla Prep Experts,2022-08-03 Best Selling Book for Nainital Bank Clerks Management Trainees Exam with objective type questions as per the latest syllabus given by the Nainital Bank Compare your performance with other students using Smart Answer Sheets in EduGorilla s Nainital Bank Clerks Management Trainees Exam Practice Kit Nainital Bank Clerks Management Trainees Exam Preparation Kit comes with 10 Full length Mock Tests with the best quality content Increase your chances of selection by 14X Nainital Bank Clerks Management Trainees Exam Prep Kit comes with well structured and 100% detailed solutions for all the questions Clear exam with good grades using thoroughly Researched Content by experts **The school-room guide, embodying the instruction given by the author at teachers' institutes in New York and other states and especially intended to assist public school teachers in the practical work of the school-room** Esmond Vedder DeGraff,1884 Chilton Ford mechanical service ,2005 Offers maintenance service and repair information for Ford vehicles made between 2001 and 2005 from drive train to chassis and related components Educating Exceptional Children, 2000-2001 Karen L. Freiberg,1999-12 This reader of public press articles discusses inclusive education children with learning disabilities mental retardation behavioural disorders and autism communication disorders hearing impairments visual impairments physical and health impairments special gifts and talents

Catalog of Copyright Entries, Fourth Series Library of Congress. Copyright Office,1978-10 *Symptom to Diagnosis An Evidence Based Guide, Third Edition* Scott D. C. Stern,Adam S. Cifu,Diane Altkorn,2014-11-22 Learn the diagnostic process in internal medicine with this engaging case based approach Symptom to Diagnosis teaches you an evidence based step by step process for evaluating diagnosing and treating patients based on their clinical complaints By applying this process you will be able to recognize specific diseases and prescribe the most effective therapy Each chapter addresses one common complaint and begins with a case and guidance on how to organize the differential diagnosis As the case progresses clinical reasoning is explained in detail The differential diagnosis for that particular case is summarized in tables that highlight the clinical clues and important tests for the leading diagnostic hypothesis and alternative diagnostic hypotheses As the chapter progresses the pertinent diseases are reviewed Just as in real life the case unfolds in a stepwise fashion as tests are performed and diagnoses are confirmed or refuted The third edition is enhanced by the addition of five new chapters Bleeding Disorders Dysuria Hematuria Hypotension and Sore Throat as well as a greater emphasis on how to master the process of working from patient level data signs symptoms and laboratory tests All chapters incorporate the latest research resulting in new and refined approaches to common symptoms encountered in clinical medicine **Catalogue of Title-entries of Books and Other Articles Entered in the Office of the Librarian of Congress, at Washington,**

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In a global eaten by screens and the ceaseless chatter of fast communication, the melodic elegance and psychological symphony developed by the prepared term usually diminish in to the backdrop, eclipsed by the persistent sound and distractions that permeate our lives. Nevertheless, situated within the pages of **Na Fourth Step Guide** an enchanting fictional prize filled with organic thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this fascinating masterpiece conducts viewers on an emotional journey, skillfully unraveling the hidden tunes and profound impact resonating within each carefully constructed phrase. Within the depths of the moving review, we will discover the book is main harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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