

# AA or NA 4th Step: Making a Searching and Fearless Moral Inventory

## Positive Affirmations for AA Step 4 and Recovery

*The moral inventory process can leave you feeling vulnerable, mentally drained, and even exhausted. However, releasing those negative patterns allows you to focus on your positive qualities as you move forward in future steps. In the meantime, here are some calming, self-assuring affirmations to use:*

1. I am strong enough to admit when I'm wrong.
2. I am no longer making excuses for my past behaviors.
3. I am worthy of self-love and healing.
4. I am clean and sober; I can stay that way.
5. I am open-minded about the recovery process.
6. I am learning new things about myself every day.
7. I am replacing weakness with strength.
8. I am looking forward to a sober life.
9. I am deserving of sobriety.
10. I am able to handle any challenges that lie ahead.



**CHANGES**

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