Fantastic 12-Steppers News: Moral Inventory App for iPhone / iPod touch

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Massachusetts based independent developer James Hollender recently updated Step 4 Moral Inventory Jr. to 1.0.6, his new addiction recovery based app for iPhone and iPod touch. It provides an easy-to-use, detailed process by which persons participating in Addiction Recovery Programs can be aided in completing Step 4 of the 12 Steps without the use of any spreadsheets. It makes the task less time consuming, while at the same time helping the user create a valuable asset in their recovery process.

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Create your own personal Moral Inventory using an iPhone or iPod touch.

Although this app is designated "Jr." it still has the same capabilities as the parent app, "Step 4 Moral Inventory" for the iPad. The user interface has been completely redesigned to accommodate the considerably smaller iPhone and iPod touch screen size.

It was originally thought impossible to convert the iPad version so the same tasks could be accomplished on the iPhone and iPod touch, but it has been done and the Step 4 Moral Inventory Jr. app is the end result.

The update to version 1.0.6 takes advantage of Automatic Reference Counting (ARC) to prevent memory leaks. Animations have also been updated to make them smoother.

Background:
The Step 4 Moral Inventory app was created because of the complexity and length of time needed to complete a proper Moral Inventory. When persons working their way through a 12-step program start creating their own moral inventory and discover that some ways of doing a Moral Inventory might require a thousand spreadsheets, the task seems daunting and many never get around to finishing it, thus depriving themselves of the rewards a completed Moral Inventory can provide. This app is an attempt at finding a way to make the task less time consuming, while at the same time helping the user create a valuable asset in their recovery process.

Storage of the Moral Inventory data is done using an underlying database which can be backed up and restored as necessary.

Disclaimer - This app is neither officially produced nor approved by Alcoholics Anonymous or any other Addiction Recovery program. From what is known there have been many Moral Inventory spreadsheets circulating unofficially among AA members for at least 50 years in various versions and this app is based on one the developer found to be useful and more comprehensive than most.

Acknowledgement:
Many thanks to "George" and his "Dungeon Prison Complete" spreadsheet which has been used as the outline for this app. This spreadsheet was developed based on years of his own personal research of the AA Big Book, along with help from many others who had already gone through the process of completing their own Moral Inventories. This was done in order to more fully understand the concepts necessary for completing his own Moral Inventory.

George's extensive research resulted in the creation of the "Dungeon Prison Complete" spreadsheet, a detailed set of instructions on how to create a Moral Inventory, including several new concepts not directly covered in the AA Big Book: Sources of Anxiety/Excitement as a 4th Category; and a set of Sex Relations exercises. Both of these new elements were discovered to be critical in eventually understanding why we do what we do, the end result of completing your own Moral Inventory.

Anyone, Not Just 12-Steppers, Can Benefit from Completing a Moral Inventory:

The process of completing a Moral Inventory doesn't directly address anyone's specific addition or addictions, but rather helps the user examine in detail events that have transpired in their life. The Moral Inventory app gently assists the user in probing into not only what happened, but also why it happened. The questions asked help the user delve into areas often never considered before like:

* What did I want?
* Why did I want it?
* What am I not admitting?
* What lie did I tell myself? (always present)
* What did I leave out or not say?
* What lie did I tell others?
* Have I ever done the same thing?
* Was it any of my business?
* Were my expectations reasonable?
* What was the real truth?
* What was I not seeing?
* Did I fail to see the facts of the situation?
* What actions did I take to get what I wanted?
* What actions did I omit to get what I wanted?

Sometimes the questions are difficult to answer, but once done, they help provide significant insight into why certain choices were made and, more importantly, determining there are often alternative choices available which will make life so much better.

Available Activities:

Tab 1 - Moral Inventory:
* Get App Information
* Learn about Moral Inventories
* Learn about Build Lists
* Learn about Causes & Effects
* Learn about My Part
* Learn about Fears Analysis
* Learn about Fear Questions
* Learn about Sex Relations
* Learn about Step 5 Report
* Change Settings
* Backup & Restore

Tab 2 - Incidents:
* Build Lists:
** Build Lists Help
** Edit Lists Sub-Categories
** Edit Entities in Lists

** View Lists Hierarchy

* Causes & Effects:
** Causes & Effects Help
** Edit Incidents for Entities
** View Lists Hierarchy with Incidents
** Determine Effects

* My Part:
** My Part Help
** Examination of My Part
** Review Incidents

Tab 3 - Fears:
* Fears Analysis:
** Fears Analysis Help
** Edit Fears
** Categorize Fears
** Edit Fear Categories
** View Fear Categories by Tally

* Fear Questions:
** Fear Questions Help
** Answer Fear Questions
** Review Fear Answers

Tab 4 - Sex Relations:
* Sex Relations Help
* Edit Sex Relationships
* Answer Sex Relations Questions
* Review Sex Relations Answers
* Write Your Sexual Ideal
* Review Your Sexual Ideal

Tab 5 - Step 5 Report:
* Step 5 Report Help
* Read Incidents
* Read Fear Answers
* Read Sex Relations Answers
* Read Your Sexual Ideal

Device Requirements:
* Compatible with iPhone and iPod touch
* Requires iOS 4.3 or later
* 4.4 MB

Pricing and Availability:
The Step 4 Moral Inventory Jr. app is available in the iTunes App Store for the iPhone and iPod touch. The current price is $9.99 USD (or equivalent amount in other currencies) and can be found in the Lifestyle and Education categories. The iPad version is priced similarly. Promo codes are available for qualified reviewers. Please specify the website, blog or organization you represent when making your request.

James Hollender:

http://www.hollender.com

Step 4 Moral Inventory Jr 1.0.6:
http://www.hollender.com/MoralInventory.html

Purchase and Download:
http://itunes.apple.com/app/id463922586

Screenshots:
http://www.hollender.com/MoralInventory.html#screenshots2

App Icon:
http://www.hollender.com/MoralInventoryLogo.html

James Hollender, a well seasoned Information Technology professional, has been familiar with Apple products since the days of the first Macintosh computer and has been involved with object oriented programming since the introduction of Java, culminating most recently writing apps in Objective C for the iPhone, iPod touch and iPad. His innovative ideas have resulted in numerous suggestion and other awards including a commendation from The President of the United States. Copyright (C) 2011 James Hollender. All Rights Reserved. Apple, the Apple logo, iPhone, iPod and iPad are registered trademarks of Apple Inc. in the U.S. and/or other countries.

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