

Step 5

Read chapter 6 ‘Into Action’ from page 72 until the bottom of page 75. Ask someone for help if you need. Identify what this chapter describes about admitting our wrongs.

These questions may help.

1. What is it we are trying to discover?

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2. What may people find difficult?

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3. What is the ‘best reason’ for not skipping this step?

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4. Why does this chapter compare the alcoholic to an actor?

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5. What have we seldom told psychologists (or others)? What has this lead to?

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6. What guidance does this chapter give to finding the person whom we will share our fifth Step with?

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7. What have we no right to do?

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8. Why might we postpone this step? What are the dangers of this?

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9. What should your chosen partner realise?

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10. What should you withhold when you take this step?

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11. After sharing this step what does the programme recommend we do?

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12. After working through the fourth step questions, what do you realise about your limitations and capabilities?

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13. How has working the first four steps prepared you to work the fifth Step?

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Step 5

Client Questions 5C

14. How does the exact nature of your wrongs differ from your actions?

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15. How will you include the God of your understanding in your Fifth Step?

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16. Who are you allowed to choose to share your 5th Step with?

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17. Choose someone, with guidance, to whom you will share your Step 5 with and complete it.