

Step 1

1. Write down Step 5 and learn it.

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2. What qualities would you like the person you share with to have?

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3. Write down the names of the people you trust the most to share your Step 5 with.

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4. Do you think that your choice of person would be willing to listen?

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5. How long have you been living with your anger or resentments?

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6. Do you have the feeling that you are different from others?

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7. Are you willing to trust the person who is to hear your fifth Step?

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8. How do you feel about admitting your wrongs to God, yourself, and another human being?

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9. Describe in your own words what you understand of 'admitted to.'

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Step 1

10. Who and what are we admitting these things to?

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11. Explain what it means by 'exact nature of our wrongs', what wrongs are we focusing on?

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12. Describe your feelings and expectations about sharing your fifth step.

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13. What are some of the ways in which you can find courage to work this step?

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14. Who has helped you to see yourself more clearly in your process of recovery?

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15. How do you feel around other people?

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16. Who should you NOT do Step 5 with and why?

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