

12 Step Journals: Step #5

Step 5: “We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Questions To Ask When Doing Your Fifth Step In AA

Keep in mind that laying it all out there on the table provides a great opportunity to finally let all your stuff go. You get to flush out the cobwebs of your past that keep you stuck. Please choose at least 4 of the following questions for your journal. You will find it liberating to share these reflections with a friend or mentor, but it is not necessary for this class.

Answer the following questions to help guide you in doing Step Five:

- *How long have I been living alone with my secrets and “wrongs”?
How do I feel about admitting my wrongs (my secrets) to another?
Am I ready to share and let go of anything that hinders my recovery?*
- *What reservations do I have about working my fifth step?*
- *Can I acknowledge and accept the exact nature of my wrongs?
Explain.*
- *Do I believe that working my fifth step will make my life better?
How?*
- *Did I set a time and place for my fifth step? When and where?*
- *How has my relationship with a higher power changed as a result of working the fifth step?*
- *How has my view of myself changed after working step five?*
- *Did I forget or omit anything? Explain.*
- *If I am still clinging to something that doesn’t work, am I willing to ask for help in letting it go? Why or why not?*