

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?*

Answer: Living with secrets and wrongs for years is TORTURE & TORMENT to our present and most definitely our future. Once expressed and stated you find yourself with such a great relief and on the road to recovery. I can admit sharing and no longer holding it, makes life so much better for me and to help someone else.

- *What reservations do I have about working my fifth step?*
- *Can I acknowledge and accept the exact nature of my wrongs? Explain.*

Answer: Confession is the very 1st part of deliverance and recovery. When you can confess your own wrongs and not wait for someone else to do it, you're on your way to better. Don't just confess them, but CHANGE THEM. Become aware of your triggers so you won't shoot your own purpose.

- *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?*

Answer: The 5th step has brought me closer to GOD. Trusting him, but most of all knowing that he forgives us, directs us, and uses us to tell our story to help others.

- *How has my view of myself changed after working step five?*

Answer: Forgiveness of myself, moving past self blame, and most of all how can my recovery help someone else with their addiction.

- *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?*