

Step 5 Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs

5D Admitting to myself

In step 4, we wrote down a number of actions, drives, and motivations that violated our own values and principles and are not in line with how our higher power wants us to be living from now on. In the action of step 5, we admitted them to another human being. There is an implied responsibility in admitting to ourselves: in order to fully admit them to ourselves, we also need to own our responsibility to plan different reactions to the situations that drove us to act out.

List the actions from step 4 that we want to change to be more in keeping with our values?

In order to change these actions, we need to address the root drives and motivations. Of the following drives and motivations listed in step four, for which ones do we feel we need to actually plan out changes and need to be accountable to another human being? What type of change and what type of plans would be needed?

Loss

Abandonment & Loneliness

Shame

Anger

Hurt

Fear

Hunger

Who in the program can I ask to help me be accountable for these changes?