

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

5J Taking responsibility for ourselves - Hurts

Hurts will happen in life. There is no way to totally protect ourselves from hurts. However, we can learn new ways to express hurts and we can heal old hurts that used to send us into our addiction.

What hurts have sent me into my addiction?

What is my higher power directing me to do with hurts? Is there a better way to express those hurts? What is that better way?

How has denying my hurts caused me even further harm? What can I do to identify when I am trying to ignore or deny a hurt?

What plans do I need to make to give myself space to be able to acknowledge to myself that I am feeling hurt? How can I be accountable to someone for those plans?

“Carrying a grudge” and bitterness occur when we nurse a hurt instead of expressing it. What is my higher power telling me to do with grudges and with bitterness?

Grief is part of live - the having of hurts and letting go of them. What ways am I learning to grieve for the hurts in my past so that they no longer have power over me?

Often human beings will use rituals to help us grieve. In recovery, we get to explore and find which rituals work for us. What ways am I exploring and which ways have I found that work for me?

How is forgiveness starting to show itself in my life? What is my understanding of what “forgiveness” means in my life?