

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

### 5A Admitting

As with all of these steps, the first reading of these words is different than our final understanding of them. What is the first thing that you think this step means when you read the words of this step?

What have you learned from working step four about your drives and motivations that led you to act out? What has been the effect of admitting the existence of those drives and motivations to God?

What has happened when you admitted to another human being that you wanted to act out and admitted to that which was driving that want to act out?

What do you think would happen at the moment of wanting to act out if you admitted to yourself the real reasons for wanting to act out?

What has kept you from admitting all this to yourself in the past?

What have you learned from being honest in group about the value of admitting this stuff to others? How has that helped you admit the totality of your addiction to yourself?

The recovery tradition of step five is to present the full step four inventory to someone. If you have done the inventory of step four, is there anything keeping you from scheduling and doing a formal fifth step? If so, what?