

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

5B The exact nature of our wrongs

In our Step Four inventory, we often find that the wrongs in our lives are not just certain actions, but also all the decisions that led up to those actions. In my Fourth Step, how have I covered not only what acting out behaviors I did but also the moral decisions that led to such behaviors? Have I covered all parts of my life? What common threads do I see in my life in the acting out decisions?

What types of past actions and motivations do I not want to admit to anyone else? How do I want to minimize what I did and to "smooth out the wrongs" by not admitting the exact nature of those wrongs?

What kinds of things have I learned about my character by examining the patterns of acting out and the decisions to do so?

Have I found any exhibitionistic tendencies in myself in wanting to share too many details with people or using what I have done to shock others or to trying to be "the worst" in a group? How is that not helping my recovery?

In my experience, what changes in me when I admit to all this? What is my experience in the program of admitting this to other people?

What I have learned to keep within the program and what parts have I learned I can share with partners who are not in this recovery program?