

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

5H Admitting to myself - Shame

In order to live step 5, we often need to plan for old feelings and patterns coming back. Some of us will have “emotional flashbacks” into old feelings. These old feelings and patterns will try to pull us back into our addiction. This is especially true of shame.

Why is it important for me to identify when I am feeling shame? What has it cost me in the past to not recognize that I am feeling shame?

How do I recognize shame when I have some? How am I learning to admit it to myself that I have shame?

What is my past pattern for dealing with shame? What changes to that pattern does my higher power want me to make? What do I need to do to admit to shame both to myself and to another human being and to admit to what shame drives me to want to do?

How much shame do I have that really belongs to others (abusers, parents, etc.)? How can I give it back to them?

How can I change my schedules and priorities to follow a higher power’s direction on shame? What might signal to me that I need to take action RIGHT NOW to deal with some shame in a healthy manner?

How can I take pride in what my higher power has done for me in recovery? In what ways am I able to affirm how my life is now in accordance with what I was meant to be? How am I able to affirm that I am more connected with myself?