

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

5E Admitting to myself – Loss

In order to live step 5, we often need specific plans to add actions into our lives. Wishful thinking will not cut it. Our habits will keep us from doing what we wish for. If we do not plan when to do them, we are planning not to do them.

For many of us, our losses were part of what brought us to recovery: we had lost or were losing homes, families, jobs, health, and more. We lost relationships and we lost connection with our loved ones and missed being there when our loved ones suffered losses of their own. Some of us started our addiction in response to losses. Often, we turn to our addiction to keep from facing all these losses.

How has my addiction kept me from facing these losses?

Often, it isn't just things we have lost. We have also lost dreams and hopes for our futures and for our families. What losses do I need to admit to myself? How can I admit them to another human being?

Some of us use our resentments at those lost dreams to justify our addictions. What resentments do I have regarding my lost hopes? What is a better way to handle these resentments?

In my addiction, how was I losing more and more of myself? How is my higher power working through the program to give me "a self" back?

How can I identify that I'm feeling loss?

What techniques can I use to admit loss to myself, God and another human being? How can I structure my life and change my priorities so as to put these losses in a higher power's hands?

Who in the program can I use to be accountable for these changes in how I handle losses?