

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

5K Drive and motivations - Hunger

Hunger has several components - physical, emotional, economic, intellectual, and spiritual (as well as sexual). All of these can be denied, allowed to fester, and break through to cause trouble or indulged in.

For each of these, what is my pattern of not admitting the need to my self? What is my higher power teaching me in this area? How can I identify when I am walking out of balance in these matters? When I discover that out of balance, what is the next right thing to do to put me back into balance? How can I be accountable to someone else about these plans for improving my life?

Food

Emotional

Economic

Intellectual

Power

Spiritual

Sexual