

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

5M When to do this step? (one on one worksheet)

Have I discussed with my sponsor who to do this step with?

Is my sponsor comfortable with the idea that I have covered all I need to in doing my 4th step? Is there any area of my life that I or my sponsor would want further exploration of? Would I feel comfortable delaying my fifth step until those areas are addressed?

Do I have any fears about doing a fifth step? Am I simply just not moving forward on doing a fifth step? What is preventing me from scheduling one in the next few days?

What character do I want in the person who hears my fifth step?

What actions am I looking for from the person who hears this and what are my expectations?

Have I asked someone to hear my fifth step?

When is it scheduled?