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| Step 5 Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs5A Admitting |
| As with all of these steps, the first reading of these words is different than our final understanding of them.  |
| What is the first thing that you think this step means when you read the words of this step?  |  |
| What have you learned from working step four about your drives and motivations that led you to act out?  |  |
| What has been the effect of admitting the existence of those drives and motivations to God?  |  |
| What has happened when you admitted to another human being that you wanted to act out and admitted to that which was driving that want to act out?  |  |
| What has kept you from admitting all this to yourself in the past?  |  |
| What have you learned from being honest in group about the value of admitting this stuff to others?  |  |
| How has that helped you admit the totality of your addiction to yourself? |  |