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| Step 5 Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs5B Exact Nature |
| In our Step Four inventory, we often find that the wrongs in our lives are not just certain actions, but also all the decisions that led up to those actions.  |
| In my 4th Step, how have I covered not only what acting out behaviors I did but also the moral decisions that led to such behaviors?  |  |
| Have I covered all parts of my life? |  |
| What common threads do I see in my life in the acting out decisions?  |  |
| What types of past actions and motivations do I not want to admit to anyone else?  |  |
| How do I want to minimize what I did and to “smooth out the wrongs” by not admitting the exact nature of those wrongs? |  |
| What kinds of things have I learned about my character by examining the patterns of acting out and the decisions to do so?  |  |
| Have I found any exhibitionistic tendencies in my wanting to share too many details with people or using what I have done to shock others or to trying to be “the worst” in the group?  How is that not helping my recovery?  |  |
| In my experience, what changes in me when I admit to all this?  |  |
| What is my experience in the program of admitting this to other people?  |  |
| What I have learned to keep within the program and what parts have I learned I can share with partners who are not in this recovery program? |  |