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| Step 5 Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs  5G Admitting to Myself – Our Reaction to Neglect | |
| Neglect is often the hidden issue in addiction. For many of us, we started our addiction because other needs were neglected. Current neglect is due to a habit of ignoring my needs. Neglect specifically requires planning and accountability to overcome. | |
| How has my addiction tried to take care of needs I was neglecting?  If my addiction is one way to handle needs that I am neglecting, what types of needs have triggered my addiction?  Common examples are:   * Lack of food * Physical care * Medical attention * Touch * Relationships * Rest * Safety * Spiritual connection * Emotional healing |  |
| How can I identify when I am neglecting my needs? (e.g. H.A.L.T. Fear) |  |
| What kinds of things have I put as higher priorities than my own needs? (e.g. other people’s wants, work demands, social or political goals, etc.) |  |
| How can I be “mindful” of my needs?  How can I set up an ongoing pattern of acknowledging to others that I have needs and plan accountability with others on how I am meeting my needs so that I don’t fall back into those old patters?  How can I seek a higher power’s direction for meeting my needs? |  |
| One reason for continuing to neglect my needs is a lack of trust that those needs can be met. What trust issues do I have with the group or with my sponsor?  How much do I trust that the program and my higher power will have my best interests at heart?  Even though individuals and groups may fail me, can I trust that the program will be there for me when I have needs?  How can I use the group to communicate to me a higher power’s love? |  |
| One common experience with neglect is to seek out relationships (marriage or work) where the pattern of neglect can continue. How can I use the program to get myself out of such relationships and prevent future such relationships?  What fears do I have about taking steps in this area? |  |

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