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| Step 5 Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs5M When to do 5th Step |
| 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 do 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 5th step until those areas are addressed?  |  |
| Do I have any fears about doing a 5th step? Am I simply just not moving forward on doing a 5th step? What is preventing me from scheduling one in the next few days? |  |
| What character do I want in the person who hears my 5th 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 5th step?  |  |
| When is it scheduled? |  |

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