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| Step 5 Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs5O Remaining Questions |
| Are there secrets that have not been revealed?  If not, what is the reason for not admitting them? When will I tell them to someone else? 5.12 |  |
| How did telling another person help me to accept the reality of what I have done? 5.12 |  |
| When we look back at the experience of telling our 5th Step, how has that step affected my life? What has changed? |  |
| How has the continued telling to others brought greater serenity into my life? |  |
| What plans do I need to make so that I change what I do in triggered situations?  |  |
| Who can I tell those plans to and be accountable for following those plans when faced with a dangerous or triggering situation?  |  |