

Step Five

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We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

The Fifth Step helps us sort through the contents of our inventory. Holding on to our past would sicken us and even lead back to using. We begin this step by sharing our inventory with the God of our understanding. Next, we share our inventory out loud with another person who knows what we are doing and why we are doing it. Most addicts will take this step with another member in recovery, such as a sponsor.

As with the previous steps, we want to be honest and thorough, not hiding any part of our past or trying to escape feelings. The Fifth Step will expose our motives and actions in order to avoid future guilt. It is imperative that we do not exaggerate or minimize our part in past situations. Before recovery, addicts hid behind phony images that they hoped would fool people. The masks have to go!

The person chosen to hear our Fifth Step shares his/her experience with us and we find that we are not unique. This step teaches us that we can be accepted just as we are. We find relief in sharing the secrets and burdens of our past.

Our inventory usually reveals some negative behavior patterns and bringing them out in the open makes it possible to deal with them constructively. These changes cannot be made alone. We need help from God and our recovery fellowship. The journey continues with Step Six.