

## 5<sup>th</sup> Step Reflection

- 1- Find a place you can be quiet for one hour to **carefully** review what we have done.
- 2- Thank God (pray) from the bottom of your heart that you know Him better.
- 3- Get out the textbook and open to page 59
- 4- **Carefully** read the first 5 proposals (steps) and ask (self/God) if you have omitted anything:

### Step One:

Am I convinced that me nor any other human can solve my addiction problem; that I am beyond human aid?

Am I convinced that my life had become completely unmanageable?

### Step Two:

Am I convinced that there is a God that can/will relieve my addiction and restore my sanity **if I seek** His help?

### Step Three:

Am I convinced that if I continue living my life on Self-Will will never be successful; that my life will continue to be unmanageable, and will drink/use again?

Am I entire willing to start a new way of living based on **seeking** Gods help and direction in all my affairs; letting go of **all** my ambitions, plans and designs for my life?

### Step Four:

Was my life inventory **rigorously honest, through and painstaking**

Am I convinced that as long as I hold back anything because I am too fearful or ashamed to face, I will remain cut off from God and **I will not recover.**

### Step Five:

Have I revealed all of myself to God and another human being all of my fears, resentments and harms that I have done to others?