

FIFTH STEP SUMMARY GUIDE

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs”

Pg 72- We have been trying to:

- 1- Get a new attitude
- 2- Get a new relationship with our Creator
- 3- Discover the obstacles in our path

Pg 72- We have:

- 1- Admitted certain defects (the obstacles in our path)
- 2- Ascertained in a rough way what the trouble is (the obstacles in our path)
- 3- Put our finger on the weak items in our inventory (the obstacles in our path)
“NOW THESE ARE ABOUT TO BE CAST OUT”

Page 27 Dr Yung describes a spiritual experience as “Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side and a completely new set of conceptions and motives begin to dominate them.”

Page 567 (Appendix 1)- The authors define a spiritual experience as “the personality change sufficient to bring about recovery from alcoholism.”

When we “cast out” the defects and they are replaced with “new ideas, emotions, and attitudes”, that is a “personality change sufficient to recover from alcoholism.”

This means that we need to find out what is blocking us from developing this new relationship with God, which is our only hope at achieving a spiritual experience that will relieve our alcoholism. For this to happen, we need to have God remove the defects since we do not have the power to remove them ourselves. This process starts with discussing them before God and with another human being.

If we have already “put our finger on the weak items” and “admitted we have the defects”, do we really NEED to discuss them with another human being?

Pg 72- “IF we skip this ‘vital’ (defined as- necessary for life) step, we may not overcome drinking.”

“Trying to avoid this humbling experience, they (newcomers) have turned to easier methods. Almost invariably they got drunk.”

Pg 73- “They have not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else their ENTIRE life story.”

“he is revolted at certain episodes he vaguely remembers. These memories are a nightmare.....As fast as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension (restless, irritable and discontent) – that makes for more drinking.”

“We must be entirely honest with somebody if we expect to live long or happily in this world.”

The qualifications of who we are to share our inventory/life story with:

Pg 74- “We search out a closed-mouth, understanding friend.”

Pg 74-“it is important that he be (1) able to keep a confidence, (2) that he fully understand and (3) approve what we are driving at; (4) that he will not try to change our plan.”

Pg 75- He should realize that we are engaged in a life-and-death errand.

Pg 74- “....someone who will (1) understand (2) yet be unaffected”

Pg 74-”but we cannot disclose anything to our wives or our parents that will hurt them and make them unhappy.”

Pg 75- “We pocket our pride and go to it, illuminated (1) every twist of character, (2) every dark cranny of the past”

The fifth step promises: (pg75)

“Once we have taken this step, withholding nothing:”

- 1- We are delighted
- 2- We can look the world in the eye
- 3- We can be alone at perfect peace and ease
- 4- Our fears fall from us
- 5- We begin to feel the nearness of our creator
- 6- We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe
- 7- The feeling that the drink problem has disappeared often comes strongly
- 8- **We begin to have a spiritual experience**

Fifth Step Reflection (part 2 of the process- pg75)

- 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?