

Step 5 - I admit to God, to myself and to another human being the exact nature of my wrongs

- *After working through the fourth step questions, what do you realize about your limitations and capabilities?*
- *Describe any person who has helped you to see yourself more clearly and objectively in your process of recovery and of life.*
- *What qualities would you like to have in a sponsor? How do the people in the list of possible sponsors' measure up to these criteria?*
- *Write down the names of the trust worthiest people you know. Do you think they would be willing or interested in being a sponsor for you?*
- *Describe your feelings and expectations about sharing your fifth step with your sponsor.*
- *List people you can think of that you might share your story with. Write whether you think they are a safe, risky or a bad choice to work your 5th step with.*

Person	Safe, Risky or Bad choice

- *Describe who you have chosen to be your sponsor and how they reacted when you approached them.*
- *Describe what it was like in sharing the fifth step. How did you feel before, after and during the process? Are you glad you have done this?*
- *Describe any celebrations or activities you have done in honor of completing the fifth step.*