

Arizona Step Study

Step Five

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

Contact your temporary sponsor, or find another person who can hear your Fourth Step. Please schedule a time in the next two weeks. Allow about three hours. If you need more time, you can always schedule another session. More than three hours is too exhausting for most people.

Do all of these assignments in Week One if you can:

- Define all the words in Step Five.
- Read all the literature you have on Step Five, including the COSA Step Five booklet.
- Answer questions in COSA's Step Five booklet.

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Step Five: Be sure to do plenty of self-care during the next few weeks. Sharing a Fourth Step can be difficult. Reach out to your sponsor if you have any difficulties.

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After you have shared your Fourth Step:

Write about the experience.

Make a list of all the obvious character defects you uncovered in Step Four. Make a list of all the strengths you uncovered. You will probably want to use the lists from pages seven through eleven in the COSA Step Four booklet. This will help you in Steps Six and Seven.

Make a list of all the people you mentioned in your Step Four. This will be a help in your Step Eight.

Celebrate! You've completed a challenging accomplishment.

If you wish, share part or all of Step Four with your group. You can talk to your sponsor about any reservations you may have, and work out the best route for you to take.

Some tools to remember when working Step Four:

Be very gentle with yourself. Take in any kind words your sponsor gives you. Write them down if you wish. It's important to really take in the love and care you receive after you've shared your Fourth Step.

You can ask your sponsor for feedback if you wish- or you can let them know you prefer not to hear feedback.

Good luck!