



## STEP FIVE

### **I admit to God, to myself, and to another human being the exact nature of my wrongs.**

This may be one of the most challenging steps we complete in our recovery process, but it can also be one of the most fulfilling in terms of removing us from our isolation. In order to accomplish Step 5, the three-part sharing it endorses must take place. That is, all of what we discovered about ourselves in the Step 4 inventory is to be freely admitted to God, to ourselves, and to another human being.

There are basically five types of wrongs we should share:

1. We need to acknowledge all of our addictions.
2. We need to acknowledge what may have gone wrong in our families of origin to initiate our codependent love hungers.
3. We need to acknowledge the multi-generational wrongs that may have led to our family of origin situations. We need to understand and be compassionate toward the families our parents emerged from.
4. We need to acknowledge the wrongs that have occurred in all major relationships in our lives.
5. We need to acknowledge the specific ways in which we have wronged others by the practice of our addictions.

Because these areas are so sensitive and so very personal, it is important to exercise care in choosing the person or persons with whom we formally share our fifth step. Such individuals should be trustworthy and somewhat detached from the situations about which we will share. For example, one would not usually call on a spouse or immediate family member to hear this confession. In fact, it is quite common to choose a therapist or pastoral counselor for this purpose. Such individuals should be compassionate, not condemning.

Note: At Victory Group, we have trained, understanding individuals to walk through this important step with you. Anything said will be held in the utmost confidentiality; you do not need to be concerned that anything shared will be shocking or upsetting. Therefore, you are able to confidently open up and release these issues.

Four very positive things happen in Step 5 sharing:

1. Our shame is reduced through confession. We know that confession is an ancient tradition in Christianity and that it is an indispensable ingredient in the healing and renewal process.
2. Step 5 sharing allows us to express our grief; to expel the resentments, the anger, the fears that eat away at us and keep us from living life to the fullest.
3. We take a major step toward honesty. Perhaps the single greatest barrier to recovery is the inability to be honest. In Step 5 sharing, maybe for the first time in our lives, we open our deepest, darkest secrets and most private hurts to another human being.
4. Addictions, by their very nature, isolate us from other people and from God. Step 5 sharing breaks down the barriers we have erected through our addictions.

Step 5 sharing is the beginning of the end of our isolation.



## STEP FIVE

*I admit to God, to myself, and to another human being the exact nature of my wrongs.*

**After working through your fourth step, what have you discovered about your limitations and capabilities?**

**What does *admit* in this step mean to you?**

**Why do we have to admit to ourselves?**

**Why is it important to admit to another human being?**