

Step Five

Fifth Step Prayer

Higher Power,

My inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person & to You. Assure me, & be with me, in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this, & I do it. Amen.

We Do Together:

- Begin reading "Into Action."
- If this was not done in an integrated 4th/5th way, you will share your inventory (5th Step), and I will assist with helping to clarify your part, defects, and assets. This is the "human fact checker" factor (paraphrased) referred to in the *Twelve and Twelve* more than once.

Daily Work:

- Prayer (and/or meditation, spiritual study, etc.) at least twice a day.
- Continue sending gratitude lists.
- Read the *Twenty-Four Hours a Day* book (in the morning, if possible).
- Read some of a spiritual book *in addition* to whatever text you believe to be sacred (why? sometimes experts on our faith or belief system can better clarify confusing passages and old-world language as well as introduce ways to use tenets in today's modern context).

Step Five Work:

- Read the *Twelve Steps and Twelve Traditions* chapter on Step Five to review together.
- Read the Fourth/Fifth Step chapter in *The Steps We Took*.
- **Only after actual 5th Step sharing:** Reflect for a time after you return home and retire for the day (the book suggests an hour). Pray in thanks for growing closer to your higher power. Review your Step Work for Steps 1-5 to determine as best you can if you have done them thoroughly.

YOU CAN DO IT ☺

Recovery Resources for Women: www.xyZrecovery.com