

Step Five Questions

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

What does "admitted" mean to you? Perfunctory laundry list? True insight into self, choices and motivations? Shame and guilt? Compassionate authenticity?

Why admit to self, god and another? Is self-knowledge enough? What role does self-justification for my actions play? What role does self-condemnation for my actions play? How does the concept of a "double life" manifest in how I see myself and how I present myself to others? Does admitting my wrongs to myself and another mean judgment or empathy, fear or trust?

Exact nature of our wrongs: Does this mean admitting specific details of our actions or true motivations or both? Why? Are there patterns to my motivations? How much has self will run riot played a part in my actions and motivations?

What value does total honesty offer me? Does it feel like Denigration, Vulnerability, Shame or Forgiveness (by self or other) Compassion, Humility?