

Step 5 Workbook v2: Admitted to God, to Ourselves, and to Another Human Being

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

This is the step of release. Secrets lose their power when they're spoken. We name what's been hidden—not to feel shame, but to find healing. Telling the truth out loud allows us to stop hiding and start connecting. This step invites honesty, humility, and deep freedom.

Reflection Questions

1. What does it feel like to say the truth out loud—and why have you avoided it?
2. Who have you trusted enough to be fully honest with—and what made that possible?
3. What are you most afraid someone would find out about you?
4. What's the difference between admitting your behaviour and revealing your motives?
5. What part of your story feels hardest to share—and why?
6. How have secrets shaped your self-worth or identity?
7. What does it mean to take responsibility without self-hatred?
8. How have you experienced relief or connection by telling the truth?
9. What patterns become clearer when you say them out loud?
10. What would it feel like to be fully known and still loved?
11. What makes confession sacred—not just scary?
12. What truths are you ready to stop carrying alone?

Quotes from AA Literature

Big Book (4th Edition)

"We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past." — Big Book, p. 75

"We must be entirely honest with somebody if we expect to live long or happily in this world." — Big Book, p. 73

"The best reason first: If we skip this vital step, we may not overcome drinking." — Big Book, p. 72

Twelve Steps and Twelve Traditions

"A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them." — 12 & 12, Step 5

"They told him that if he wanted to get well, he would have to tell someone else all about himself." — 12 & 12, Step 5

"Only by discussing ourselves, holding back nothing, only by being willing to take advice and accept direction could we set foot on the road to straight thinking..." — 12 & 12, Step 5

Plain Language Big Book

"Step Five is where shame begins to lose its grip." — Plain Language Big Book

"Speaking the truth allows us to stop pretending and start healing." — Plain Language Big Book

"When we share the exact nature of our wrongs, we invite light into our darkest places." — Plain Language Big Book

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Affirmations

Write affirmations that remind you that your worth is not based on your past, but on your willingness to grow.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer for courage, clarity, and humility as you prepare to share your inventory with another person.