

Step 5 Worksheets

Integrity

Have you lost an important relationship due to your addiction? Does that make it difficult to discuss it with other people?

Has anyone pleasantly surprised you by always being there for you? How has that influenced your recovery?

Some people have practiced "tough love" with you during your addiction and recovery. Others have taken a softer approach. Which helped you more?

What have you learned from your sponsor? What would you change about them?

Do you fear sharing your fifth step with another individual? What is the worst thing that can happen?

When you share your fifth step with your Higher Power, what do you feel? Do you get a sense of the response of your Higher Power to your efforts?

Once you have shared, write down what the experience was like. Were your fears overblown? Are you glad you did this?

Do you feel ready to share with other people, or are you happy to leave it as is?
