

STEP 5

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. [Integrity I share who I am with someone else]

Admit

“Every dark cranny of the past” (75: 2)
“Withholding nothing” (75: 2)

The Exact nature:
the true reasons we drank

“Twist of character” (75: 2)
“Self-pity, dishonest or self-seeking motives” (86: 2)

To God (of our understanding)

“Good is in us all, even the worst of us” (12&12, 98: 3) **Sense**
of connection

To **Ourselves**

D-E-N-I-A-L Don't Even kNow I Am Lying
Discover what is right for us

To **Another human being**

“A close-mouthed, understanding friend” (74: 1)
We are worth listening to

“The end of isolation from our fellows and from ourselves”(12&12, 82:1)