

Meeting Date:
May 14, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 5, Self - Honesty

DATE: May 14, 2018

Al-Anon Speaker: Janice B.

Book: Reaching for Personal Freedom, Page 32-33

Step 5 is a giant step toward self-honesty. For me, coming clean was a relief. I realized the God of my understanding already knew my behavior, but I had to admit I was aware of it as well. Admitting my wrongs meant accepting those behaviors that hadn't always been healthy, moral, or ethical. I was far from perfect, even though I had been self-righteous.

Telling another person my wrongs was harder than admitting them to myself. Because I judged myself so harshly, I was sure another person would too. I greatly feared disapproval and rejection. When I told my Sponsor the exact nature of my wrongs, she looked absolutely unruffled. As I spilled my worst secrets, she listened, occasionally nodded her head, then comforted me. Gently she said, "These things often happen because the family disease of alcoholism, affects everyone in negative ways.

1. What walls have I built to hide the person I am from others?
2. What risks did I take to complete Step Five?
3. How does honestly sharing the secrets of my past help me to recover from the emotional damage I endured?

**Waukesha State Bank
Community Room
S69W15273 Janesville Rd,
Muskego, WI 53150**

For more information: Call 414 688-6884