

Monday Night How It Works AFG Open Meeting

Date: Oct 11, 2021 - 7-8pm CST - In person only

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

Al-Anon Speaker: Ann W.

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Step Five requires honesty with ourselves and others. It was one thing to get the courage needed to list our deeds and misdeeds, our fear and resentments on a piece of paper; quite another to reveal them to another person. We sometimes hear in Al-Anon meetings that we are only as sick as our secrets. What goes on in alcoholic homes is often kept very private; many of us have taught not to air our dirty laundry in public. In Step five we begin to unburden ourselves of our secrets. Step Five does not ask us to show our faults to the whole world, but to our own hearts, to the God of our own understanding, and to a trusted friend. Step Five gives us permission to talk about things in healthier manner, rather than make ourselves martyrs to anyone who comes along.

1. What are some of the advantages I might get from admitting my faults?
2. In doing a Fifth Step, what have I learned about the exact of my wrongs?
3. What have I learned about fear, honesty, trust?
4. How did I feel after sharing with God? Admitting to myself? Sharing with another person?
5. What, if anything, have I left out? Is there anything different? Better?

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