
Carrying The Message

STEP 5 - “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

All of A.A.'s Twelve Steps ask us to go contrary to our natural desires... they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one. (Twelve and Twelve, page 55)

“Almost without exception alcoholics are tortured by loneliness.” (Bill W.)

When we reached A.A., and for the first time in our lives stood among people who seemed to understand, the sense of belonging was tremendously exciting, We thought the isolation problem had been solved. But we soon discovered that while we weren't alone any more in a social sense, we still suffered many of the old pangs of anxious apartness. Until we had talked with a complete candor of our conflicts, and had listened to someone else do the same things, we still didn't belong. Step Five was the answer. It was the beginning of true kinship with man and God. (Twelve and Twelve, Page 57)

Trustee Reflections

After completing step 4, it was told to me by my sponsor that I needed to continue to step five at once in order to experience the profound personality change required to overcome my addiction. With the guidance of my sponsor I took step five at a local diner. I slid my fourth step towards her and she promptly slid it back and had me read it to her. As I proceeded through the admissions of my wrong-doings and my resentments, including my part in each one, I began to feel a bit lighter; the burdens I had been caring for so many years were starting to evaporate with each admission. Once finished, my sponsor shared with me some of her past as we experienced similar circumstances in our past. As I listened to my sponsor share her past I thought here was another example of my HP putting the right person in my life to walk with me through the steps of this journey. **-Michele M.**

If you have any comments or would like to provide your reflections on Step 5,

please send to Central Office at
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After completing my fifth step, I didn't feel any sudden relief or freedom, instead I felt heavy after seeing myself honestly for the first time. I love the process of sharing my fifth step with a sponsor--the idea that I don't have to carry all of these secrets alone. There was one thing I didn't share with my sponsor, but with a therapist instead--that works too. Additionally, the process of hearing another's fifth step is one of the greatest honors that I've had in my life. It is truly a gift to be trusted like my sponsees trust me. **-Jess N.**

Once I had time to reflect on my Fourth Step and really felt like I had done everything I could, my next decision had to be who I would share it with. My sponsor was in a unique position with me because he and I had spent many years drinking together and he was part of my 4th Step. I decided that even though some of my 5th Step would be uncomfortable with him he was the right guy for me because there was no doubt in my mind that no matter what I said he had been through similar stuff. I will always be grateful for that decision. Once I started sharing with him the feedback and encouragement I got from him was tremendous. He not only heard me talk about the kind of person I was but he showed me through words and examples how I could become the person I was meant to be. Once I was completed with my sponsor he had me go home and find a quiet place to share my work with my Higher Power to get a complete sense of the power of 5th Step. For the first time in a long time I began to feel a sense of forgiveness and real hope that things were going to get better and with God's help my life could change forever. **-Craig S.**

This feeling of being at one with God and man, this emerging from isolation through the open and honest sharing of our terrible burden of guilt, brings us to a resting place where we may prepare ourselves for the following Steps toward a full and meaningful sobriety. (Twelve and Twelve, page 62)