

**RECOVERY & ME**  
**Step Five: Confession**  
**Anonymous**

“Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path.”

(Alcoholics Anonymous, Pg. 72)

Now that I had this list of my resentments, fears and harms done to others what was I to do? Well the AA Big Book is again very specific about what to do next. I had to “admit to God, to ourselves, and to another human being the exact nature of our wrongs.” Why? The AA Big Book authors told me why on page 72, second paragraph; “If we skip this vital step, we may not overcome drinking.” The authors also told me previously that if I drank, I would die. Being a real alcoholic, that was enough warning for me, nothing else was necessary.

So I sat down with my sharing partner and discussed what I had written. And like many alcoholics, my grandiosity and enormous ego led me to believe that (after all I was convinced that I was the worst of the worst); he would be reviled by my confession. However; again my projections were wrong. He simply asked me after I read my list; “Is that everything that you can think of now?” No judgment, no condemnation; just a smile and a hug.

So what was next? I was to follow the directions found on page 75, paragraph 3 of the AA Big Book.

Did I immediately find any relief from those things that had plagued me for so many years? No; however relief was to follow upon completion of Steps 6, 7, 8, and 9. Within the next several days I completed steps 6, 7, and 8 and started on step 9. I’ll get to that next.

**P.S. Step Five – Described on pages 72 – 75 (The directions for taking Step 5 are on page 75, paragraph 1, lines 1 – 4 & paragraph 2, lines 1 & 2)**

*I welcome your questions, your ideas for recovery topics or perhaps a personal story or two. Don’t forget, a dose of good humor about recovery or addiction is always welcomed...it has certainly helped me and many others through some tough times! Please send your submissions to: Council on Chemical Abuse, Attn: Recovery & Me, 601 Penn St., Ste. 600, Reading, PA 19601. You may choose to remain anonymous by including only your first name with your submission, as it may in part be reprinted in a future article.*