

Meeting Date:
May 7, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 5, Learning to Trust

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Al-Anon Speaker: Chrissy D.

Book: Reaching for Personal Freedom, Page 31-32

Step 5 terrified me. The first time I experienced it, it seemed harder than writing the Fourth Step inventory. In Al-Anon I had learned to seek guidance from a Higher Power and had become comfortable with prayer and meditation. But I definitely had trust issues with adults over the age of 30, anyone in an authority position, and my family.

I had a habit of sharing bits and pieces of myself with a lot of different people, but at least I was allowing some people to know me through sharing small pieces of my inventory. However, I began to recognize that this was a form of dishonesty, and that I was cheating myself out of the benefits of Step Five. My other problem was looking for the perfect Al-Anon member who worked an absolutely perfect program to share my Fifth Step.

The relief I experienced from sharing my inventory was unbelievable.

1. How does accepting my humanness release me from guilt and shame?
2. How has Step Five helped me understand the "exact nature" of my wrongs?
3. In what ways does working Step Five enhance my understanding of how the disease of alcoholism affects me as well as the alcoholic?

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