

CoDA-Tulsa – Melody Beattie “Codependents Guide to the 12 Steps”

STEP 5 – Exercise 1

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

1. Have you taken a formal Fifth Step? What was the impact of that on your life and your feelings about yourself?

Have you taken 5th Step yet? How did it feel? If not, why haven't you?

What was the impact?

What have you admitted to yourself?

Are you in the habit of sharing yourself – who you are – with other people? When as the last time you called someone because you needed to talk about something? Do you talk to people about what you're going through when you going through it, or do you want until you've resolved the incident yourself, then report it after the fact?

When was the last time you reached out to another person to talk about something you were going through? What was it? How did it go?

Do you talk to others while you're going through something or afterwards? Why?

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STEP 5 – Exercise 2

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2. Is there someone in your life now that you need to talk to? Is there something going on – a feeling, need, or an issue – that you don’t want to talk about, but need to? Is there someone you’re avoiding because you have something difficult to say?

Someone you need to talk to?

What are the feeling(s), need(s) or issue(s) you don’t want to talk about?

Is there someone you’re avoiding because you have something difficult to say? Who? What?

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STEP 5 – Exercise 3

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3. In the past week, have you treated yourself or another person badly? You may want to choose someone safe and trusted and tell that person what you have done, then tell God.

You do not have to share it with the group, but if there is something admit it to yourself by writing it down here.

Who did you mistreat?

What were the circumstances?

What do you regret doing or saying?

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STEP 5 – Exercise 4

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Each morning for the next week, when you wake up, take a moment to notice what you’re feeling. Often, we’re at our most vulnerable in those quiet moments before we begin the activity of the day. Check in with yourself emotionally. Take a moment to tell your Higher Power what you’re feeling. Tell yourself. Within the next four hours, sooner if possible, tell someone else what you were feeling. You don’t have to make a “feelings group’ out of it; just disclose honestly what you were feeling. Do this activity once more during the way – either at the end of the workday, after supper, or during quiet in the evening.

Day 1 Morning

Day 1 Evening

Day 2 Morning

Day 2 Evening

Day 3 Morning

Day 3 Evening

Day 4 Morning

Day 4 Evening

Day 5 Morning

Day 5 Evening

Day 6 Morning

Day 6 Evening

Day 7 Morning

Day 7 Evening