(Used in conjunction with the Addiction Treatment Guide book at: www.treatmentguide4u.com or for personal exploration)

Step 5 Worksheet

How did you perceive yourself and the world around you after writing out your 4th Step inventory?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

What are the external motivators for you to remain sober?
1.___________________________________________________________________________________
_____________________________________________________________________________________

2.___________________________________________________________________________________
_____________________________________________________________________________________

3.___________________________________________________________________________________
_____________________________________________________________________________________

What are your internal motivators to remain sober, How has the thought of remaining sober become a belief for you?
1.___________________________________________________________________________________
_____________________________________________________________________________________

2.___________________________________________________________________________________
_____________________________________________________________________________________

3.___________________________________________________________________________________
_____________________________________________________________________________________

Now that you have written you 4th Step, are you experiencing any reservations about sharing the entire inventory with another person and a loving God/Higher Power of your understanding?
_____________________________________________________________________________________
_____________________________________________________________________________________

Do you have any expectations of the outcome of sharing your inventory?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

By sharing this inventory with another person, how will this help you build new relationships with others?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

As a form a celebration, what can you do to reward yourself once you complete your 5th Step?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Now that you have presented your inventory, completing your 5th Step, how do you perceive yourself and the world around you?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

(Keep your 4th Step for processing Steps 6-9. Keep it in a safe and private place.)