

STEP 5

ADMITTED TO OURSELVES, G-D AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS

It is suggested that *Step 5* should be done shortly after completing Step Four, while the facts revealed in Step Four are still fresh in one's mind. In Step Four one digs inside oneself, as most compulsive gamblers have accumulated loads of guilt. In Step Five one can dispose of this guilt and by so doing can cope with every day problems. One can always look back, and must do so in making amends, but no longer do you have to live with your personal guilt bag.

ADMISSION TO GOD OF OUR UNDERSTANDING

In GA, we experience a way of life where the spiritual meets the everyday, where the ordinary meets the extraordinary. When we admit the exact nature of our wrongs to the God of our understanding, our admission becomes more meaningful.

How we make our admission to the God of our understanding depends on the specifics of our understanding. Some make a formal admission to God apart from the admissions we make to ourselves and another human being. Others acknowledge or invite the presence of a Higher Power in some way before going over the inventory with their sponsor/group. Those of us whose Higher Power is the spiritual principles of recovery or the power of the GA fellowship may have to explore different methods of working this portion of the Fifth Step. Our sponsor/group can help with this process. Whatever we do is okay as long as we are aware that we are also making our admission to a Higher Power.

Humility is a very elusive trait which seems to fly away from one who seems to feel they possess it. If this be so, you must seek to become a well-adjusted person and in so doing, gain humility which one does not realize one has. Do not take this step lightly or minimize its importance. Those who have done this step feel that guilt must be disposed of, and action through this step is the proper way to do it. Guilt disposed of as suggested, will aid you in so many ways. Self-honesty is accelerated as you clearly see your guilt. No longer will you feel unique. Rather, you will join the human race knowing that you are not alone. What the program teaches comes true. You will realize no two gamblers are alike yet none is an original. Upon entering the program, one now feels a sense of being understood (empathy). No longer will you be alone, and knowledge of this is exhilarating. As conflicts arise, however, one tends to pull away from this union. The fifth step helps resolve these conflicts.

Selecting a sponsor to help you with the fifth step is most important. The person should fill two needs; one, they should have the experience and wisdom to help see the situation more clearly, and be a person who will keep the conversation completely confidential. Choose your Sponsor carefully. We shall discuss choosing your Sponsor later in this Step. (Perhaps your sponsor will be the logical choice, a fellow GA member, your Clergyman/Priest /Rabbi or a good friend - you must make the choice.) Reread the fourth step and use your notes as an agenda. Honesty, open mindedness and sincerity will make the whole thing go more smoothly.

Step 5 -

Admitted to ourselves, G-d and to another human being the exact nature of our wrongs

Your ego, which won't like the idea of displaying former misdeeds to another human being, will quickly accept the healthy atmosphere. You will see yourself more clearly after Step Four and this insight will remain. Self-knowledge has no bounds. Your new found serenity will enable you to calmly listen and learn. Your awareness will really accelerate. Your relief at having disposed of this guilt will be tremendous.

- 1 Step Five is ego deflating and necessary. We must talk about our defects to remove our guilt. We must see what we were, to see what we can become. **DISCUSS:-**
 - 1.1 The habit of lying and hiding from problems. What was the outcome?
 - 1.2 Is identifying our defects (problems) 90% of the solution? (e.g. step 4 inventories)
- 2 Many compulsive gamblers are of the opinion that it is not necessary to share humiliating experiences. We are prone to carry burdens alone. Dramatic descriptions of our gambling behaviour are only offered. **DISCUSS:-**
 - 2.1 Has honesty with self and others improved since coming to GA? Elaborate.
 - 2.2 Has our therapy changed direction?
 - 2.3 How long can we carry resentments and angers? What happens?
- 3 Humility is born in Step Five. Our burden is lightened by admitting our defects to another human being. We become forgiving by seeking forgiveness. Many members feel closer to their Higher Power and man after working Step Five. **DISCUSS** how peace of mind is achieved by removing guilt and/or ending a lie.
- 4 It is extremely important to choose your sponsor carefully especially when making the admissions in this step 5. To whom should we seek to make our admissions? **DISCUSS:-**
 - 4.1 Sponsor
 - 4.2 Friend.
 - 4.3 Spouse.
 - 4.4 Clergyman
 - 4.5 Others
- 5 Describe the feeling of:-
 - 5.1 Admitting to other GA members that we have a gambling problem. (Usually at our first meeting.)
 - 5.2 Disclosure to non-GA members (Spouse, other family, friends, work colleagues) that we have a gambling problem.
- 6 How will I include the God of my understanding in my Fifth Step?
- 7
- 8 How is my Third Step decision reaffirmed by working the Fifth Step?