

Preparation for Step 05:

"We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past." (75:2)

Go through your Step Four and isolate

- (1) good examples of what your twists of character are—one example of each will suffice
- (2) 'dark crannies of the past' (= anything you're ashamed of).

A good Step Five lasts one–two hours maximum.

This is about the exact nature of our wrongs, not a catalogue either of the wrongs done to us or the wrongs we have done others.