

(Used in conjunction with the book at: www.12StepsUnlocked.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.)