

Step 5 Considerations

Questions suggested for sponsors or 5th Step witnesses to ask a person:

- 1) Do you see what's objectionable about this interaction (behavior, selfishness, attitude, fear, etc.)?
- 2) Do you see on your own power you couldn't have behaved any differently?
- 3) Do you see any behavior or resentment you're still clinging to and not willing to let go of?

Step 6 Considerations

As I review each inventory in a contemplative way, I ask myself these considerations:

- 1) Can I see what's objectionable about this interaction (my behavior, attitude, selfishness, etc.)?
- 2) Can I see on my own power I couldn't have behaved any differently or done any differently?
- 3) Is there anything I'm clinging to that I'm unwilling to let go of?
- 4) Am I willing to turn to God for help with all these things I find objectionable from now on?

NOTE: If clinging, pray for the willingness! If still clinging, don't do step 7 prayer until you talk to your Sponsor.

Tyla's Walkthrough of Steps 6 & 7

- Find a quiet place where I can be alone for an hour (i.e. not Starbucks).
- Put my resentments in front of me: Resentment > Fear > Sex Start with resentments.
- Pick one, glance at it front and back, put it down. Note MY role in the resentment, e.g. column 4, and what I'm turning over to God.
- In a meditative way: Ask the 4 questions above, repeat for each one.
- Read to God the 1st column of the fear grid. Ask Him in my heart to take this fear from me, and not let it have power over my life. Say a prayer.
- Repeat with Sex Inventory
- Read God my Sex Ideal
- Picture the Archway
 - o The Cement – pg. 17 – Our common problem/solution
 - o The Cornerstone - pg 42 – Willingness to believe in a power greater than myself
 - o The Keystone – pg 62 - God is the Director, I am his Agent, he runs the show
- Picture myself walking through the Arch to be with God now

"My Creator, I am now willing that You should have all of me, GOOD AND BAD. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do YOUR bidding. Amen."