

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 inventories 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. I 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
 - The Cement – pg. 17 – Our common problem/solution
 - The Cornerstone - pg 42 – Willingness to believe in a power greater than myself
 - 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.”

—Page 76 of the Big Book (7th Step Prayer)