



Step Study Meeting

Step 5

Telemeeting Version

v1.0.0.6



Path to Healing and Recovery
Cambridge - Guelph - Waterloo - Dufferin County

Tri County Recovery - SAA

of The Path to Healing and Recovery Group

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Week 1

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Each step of the program is a leap of faith that moves us forward in our recovery. After completing our moral inventory, we are challenged in Step Five to take another leap. We now need to admit the whole truth we have discovered to God, to ourselves, and to another person. Working the Fifth Step helps relieve us of the burden of our secrets, break through our isolation, and face ourselves honestly in a way we cannot do alone. With the Fifth Step, we come out into the open.

Volunteer reader

As active sex addicts, we hid who we were and what we were doing— from others, but also from ourselves. We take the Fifth Step when we come out of hiding, let go of self-deception, and acknowledge our reliance on a Higher Power. Our belief that we were isolated, estranged from the care of a loving God, had kept us in fear. Now, breaking free of secrecy, we admit our wrongs in the light of our relationship with the God of our understanding. If we trust, we will be given the power to acknowledge our shortcomings. Admitting our wrongs to God opens the door to change within ourselves. We have found that God will help us find the courage and honesty we need in order to work this step.

moderator

Although we have recorded a detailed inventory in the Fourth Step, it is a different thing altogether to admit the truth to ourselves. We need to be careful to acknowledge the exact nature of our wrongs inwardly, so that denial can give way to acceptance. Sharing our inventory with another human being helps in this process. When we hear ourselves admitting our wrongs to someone, explaining all of the details out loud, our past begins to make more sense, and we can start to view our lives with more clarity. As the reality of our shortcomings sinks in, we can bring them, in humility, to our Higher Power. Our deepest acceptance comes when we know that the God of our understanding loves us no matter what we have done.

Volunteer reader

In the Fifth Step we reveal all our secrets to another person, many of us for the very first time. Despite our commitment to the program, we often find ourselves feeling afraid at this point. We expect to be judged harshly and rejected if we tell someone our secrets, especially those acting-out behaviors of which we are most ashamed. These fears are only natural, but we cannot allow them to prevent us from taking this step. We call on our Higher Power for strength and for the willingness to share our story. We discover that the person hearing our Fifth Step will not reject us, but will often respect us for our honesty and courage, and love us all the more.

Fifth Step Prayer

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Please remove my fear and help me be completely honest in what I am about to do.

Please, give me the courage, faith and strength I need to share with this person my whole truth; especially the things I swore I would take to the grave

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

moderator

Week 2

moderator

*Admitted to God, to ourselves, and to another human
being the exact nature of our wrongs.*

We pick someone we trust to hear our inventory. Most of us share our Fifth Step with our sponsor. Some of us choose a friend in the program, a therapist, a spiritual advisor, or another wise confidant with whom we feel safe. It is best to take this step with the help of a person who has worked this step in his or her own recovery and who already knows and accepts us unconditionally.

Volunteer reader

We do not take the Fifth Step with our partners, parents, or families. This is not the time for selfish confessions. We need time in the program, and the help of experienced members, before we can judge what to reveal to our families or those closest to us.

Admitting our wrongs means admitting all the ways in which we were dishonest, unfair, abusive, inconsiderate, unjust, or unethical. Our wrongs include all of the ways we broke the rules to get ahead or to avoid consequences we didn't want to face. They may also include actions we neglected to take, as well as ones we took.

moderator

We admit our wrongs in a detailed and thorough way. We describe what we did, when we did it, and what we were thinking or feeling when we did it. We describe what the consequences were for ourselves and for others. Many of us tell the story of each wrong rather than simply listing them. In the process, we reexamine situations in which we may have seen ourselves as the victim or minimized our wrongful actions. Striving for thoroughness, we admit all the wrongs we can remember, not just those related to our acting out.

Volunteer reader

Most importantly, we admit the character defects that motivated our actions, such as pride, envy, selfishness, or greed. These defects or failings are the exact nature of our wrongs. They are those aspects of temperament that hold back our spiritual growth and keep us locked in self-defeating habits, attitudes, and beliefs. We have found that admitting these defects is essential to experiencing a positive breakthrough in our relations with others, and with ourselves.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Fifth Step Prayer

Higher Power,

Thank you for helping me complete my housecleaning.

I can now look the world in the eye.

I can be alone at perfect peace and ease.

My fears have fallen from me. I have begun to feel your nearness.

I have begun to have a spiritual experience.

I feel I am on the Broad Highway, walking hand in hand with the Spirit of the Universe.

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Week 3

*Admitted to God, to ourselves, and to another human
being the exact nature of our wrongs.*

This may seem like a very difficult task. We should not lose heart. During the Fifth Step, our sponsor will often share his or her own experiences with us, letting us know about similar actions, feelings, and shortcomings. Knowing that others feel the way we do, and have done some of the same kinds of things, helps to relieve us of our shame and isolation. Our sponsor supports us emotionally as we face the most painful parts of ourselves, allowing us to look at our wrongs without flinching.

Volunteer reader

Although the Fifth Step focuses on admitting the exact nature of our wrongs, it is also very helpful to acknowledge the good things about ourselves. Admitting the ways we have been caring, resourceful, and talented helps us get a balanced picture of the whole of our moral nature. By acknowledging our character assets, and with our sponsor's encouragement, we establish a foundation on which our further recovery can be built.

moderator

While we might wish to share our entire Fifth Step in one sitting, some of us may in fact need several meetings to complete the entire step. Once we start, we make a commitment to finish it. We are often emotionally vulnerable while working this step, so we want to be sure to complete it in a timely fashion and to get some extra support. With the help of our Higher Power, and support from our sponsor and others, we can face our pain without becoming consumed by it. Once we finish Step Five, the rewards will prove to have been worth the effort.

Volunteer reader

When we finish Step Five, it may feel as though a great burden has been lifted from our shoulders. Many of us feel a sense of wholeness and integrity for the very first time. We have acknowledged and taken responsibility for the whole of our being, to ourselves, our fellow addict, and our Higher Power. The acceptance we receive is a profound spiritual experience. Having gained a greater faith in the love and care of the God of our understanding, it is now time to take a good look at our character defects in the light of our relationship with God. Our new awareness leads to a desire for change. We go on to Step Six.

Fifth Step Prayer

Higher Power

*My inventory has shown me who I am,
yet I ask for Your help in admitting my wrongs
to another person and to You.*

*Assure me, and be with me, in this Step,
for without this Step I cannot progress in my recovery.
With Your help, I can do this, and I do it.*

Amen

***Return back to main script "Sharing section of the
main script" for the conclusion of the meeting.***

Week 4

Week 4 will always be the week we have a business meeting. September will have a full business and group consciousness meeting. Time permitting we can resume to a normal meeting.

SAA Tri County Recovery – Group Conscience Meeting

1. Chairperson calls the meeting to order with a moment of silence.
2. Open with the “We” version of the Serenity Prayer
God,
grant us Serenity to accept the things we cannot change,
Courage to change the things we can
and Wisdom to know the difference.”
3. Read the 12 Traditions.
 1. Our common welfare should come first; personal recovery depends upon SAA unity.
 2. For our group purpose there is but one ultimate authority — a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
 3. The only requirement for SAA membership is a desire to stop addictive sexual behavior.
 4. Each group should be autonomous except in matters affecting other groups or SAA as a whole.
 5. Each group has but one primary purpose — to carry its message to the sex addict who still suffers.
 6. An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
 7. Every SAA group ought to be fully self-supporting, declining outside contributions.
 8. Sex Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
 9. SAA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
 10. Sex Addicts Anonymous has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.
 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.
 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.
4. Service Prayer: by those members present who choose to participate.
“God,
grant us knowledge that we may serve according to Your
Divine precepts.
Instill in us a sense of Your purpose.
Make us servants of Your will and grant us a bond of
selflessness,
that this may truly be Your work,
not ours – in order that, no addict, anywhere, need die
from the horrors of addiction.”

5. Secretary takes attendance and records minutes.
6. Members will please raise hands to be recognized by the chairperson to speak.

Agenda

- a. Secretary reads last meeting's minutes (discussion if needed). Motion to accept minutes is made, and seconded, and vote taken.
- b. Treasurer's Report. Motion to accept report is made, and seconded, and vote taken.
- c. GSR's Report. Motion to accept report is made, and seconded, and vote taken.
- d. Trusted Servant's Report (Literature, Supplies, etc.). Motion to accept report(s) is made, and seconded, and vote taken.
- e. Old business (New business from previous meeting is mentioned, discussed and voted on, if necessary).
- f. New business
 - i. Are there any group issues or concerns that the group needs to address? (If necessary, table motions and vote or carry motion to next group conscience meeting).
 - ii. Elections (if necessary).
- g. Determine chairperson for next month, by willingness of those present.
- h. Announcements for the good of SAA.
- i. Close with the We version of the serenity prayer.

God,
grant us Serenity to accept the things
we cannot change,
Courage to change the things we can
and Wisdom to know the difference."

Time permitting, return to main program and continue with the normal meeting. We will return here for the sharing and weekly reading portion and then later for the prayer later in the main meeting.

Week 4/5

At the discretion of the moderator the format for week 4 will vary.

The format may be a speaker meeting, a discussion meeting with discussions on the Step or, discussion on items in general.

If this is a discussion meeting on Step 1, go to the next page, otherwise refer to the Week 4-5 supplemental bulletin.

Moderator - if you choose a discussion format, read the section on the next two pages and then proceed to the discussion questions and choose a few for the group to think about.

Week 4/5 Step Reading

moderator

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

What Is the Purpose of This Step?

How Do You Complete This Step?

What Are Some Myths About This Step?

Keep an open mind: Set yourself up for success. Be open to the idea of looking outside yourself for help and support, and you'll be able to better conceive of the idea of recovery.

Maintain humility: Accept that you can't conquer your addiction alone.

What Are Some Myths About This Step?

If Step related discussion questions format selected start here

Step 5 Discussion Questions

Moderator - pick a few questions for people to reflect on.

1. What things have you been doing over and over again, expecting different results each time?
2. What is your definition of sanity?
3. How have your past expectations of yourself or others been unrealistic? Give examples.
4. In the past, how has trusting only your own feelings/emotions gotten you in trouble?
5. How can spirituality, a Higher Power, or a belief in something bigger than yourself help restore you to make sane decisions?
6. What areas of your life are you ready to release control of and hand over? Be specific..

Non Step related Discussion Questions

1. Often times, a person's relation with drugs, alcohol, acting out and other compulsive behaviours will change over time. For example, you might've initially acted out only a few times a month as a fun way to relax, but, eventually they became everyday necessity. How has your relationship with acting out behaviours changed from early on to now. Do you still act out for the same reasons or have those reasons changed.
2. The rituals and activities that surround acting out can be difficult to give up. For example, a smoker might enjoy the ritual of having a cigarette - not just the nicotine. Similarly, a sex addict might have difficulty saying goodbye to their strip club buddies, dancers or mistresses. What are some rituals or activities that you associate with acting out, and how do you feel about giving them up. Do you think you can achieve sobriety without changing your lifestyle.
3. Some people say that addiction is a disease, and others think it's a choice. What do you think and why? How do you believe counseling, support groups or other treatments could help a person who struggles with addiction.

Fifth Step Prayer

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Higher Power,

My inventory has shown me who I am,

Yet I ask for Your help

In admitting my wrongs to another person & to You.

Assure me, & be with me, in this Step,

For without this Step I cannot progress in my recovery.

With Your help, I can do this, & I do it.

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

