

AA Step 5 Worksheet: Self-Examination and Disclosure

Name: _____ Date: _____

Contact Information: _____ Therapist: _____

Instructions:

1. Take your time to reflect on your past actions, behaviors, and their consequences related to your alcohol use.
2. Be completely honest with yourself.
3. When you're ready, share your responses with your sponsor or therapist for guidance and support.

Part 1: Personal Inventory

A. Resentments

List individuals, institutions, or situations that you resent, and briefly describe why.

1. Why do you resent this person or situation?

2. Why do you resent this person or situation?

B. Fears

Identify your fears, both rational and irrational, related to your past and present.

1. Why do you fear this?

2. Why do you fear this?

C. Harms to Others

List people you have harmed due to your alcohol use or related behaviors.

1. How were they harmed?

2. How were they harmed?

Part 2: Character Defects

A. Personal Character Defects

Reflect on your character defects or negative traits that contributed to your addiction.

1. How have these character defects affected your life?

2. How have these character defects affected your relationships?

B. Patterns of Behavior

Identify recurring patterns of behavior that led to your alcohol abuse.

1. Describe a specific example of this pattern.

2. Describe a specific example of this pattern.

Part 3: Sharing and Amends

Share your inventory with your sponsor/therapist when you're ready. Together, you'll work on a plan for making amends and addressing character defects.

Additional Notes:

Write any additional thoughts, insights, or emotions that arise during this process.