

AA Step 5 Worksheets

Name: _____ Date of birth: _____

Gender: _____ Date of assessment: _____

Clinician name: _____

AA sponsor (if applicable): _____

The goal of step 5 in Alcoholics Anonymous (AA) is to admit to God, to ourselves, and to another human being the exact nature of our wrongs.

Section I: Reflection on Step 4 inventory

Review the personal inventory created during Step 4. This section helps contextualize the patterns of behavior, thoughts, and emotional conflicts.

a. List the specific wrongs, harms, or resentments you identified in Step 4:

b. What patterns or recurring behaviors stand out to you?

c. What fears or personal vulnerabilities have contributed to these wrongs?

Section II: Admission to self

This section fosters personal honesty and internal acknowledgment before verbalizing to others.

a. As I read through my inventory, what do I feel most ashamed or afraid to admit to myself?

b. What would it mean for me to fully acknowledge these actions without self-condemnation?

c. Am I open to accepting these as part of my story, not my identity?

- ☐ Yes
- ☐ No
- ☐ Unsure

Section III: Admission to a higher power

Spiritual admission can provide grounding, humility, and support. Encourage the patient to engage according to their belief system.

a. How do I understand or relate to a Higher Power? (e.g., God, Spirit, Nature, Inner Wisdom)

b. What prayer, statement, or reflection might help me release my burden to this Higher Power?

c. What spiritual qualities do I want to bring into this process?

- ☐ Humility
- ☐ Forgiveness
- ☐ Courage
- ☐ Faith
- ☐ Openness

Section IV: Confession to another person

Sharing the exact nature of our wrongs with a trusted person increases accountability and healing.

a. Who is a safe, trustworthy person I can share my Step 5 with?

b. What makes this person trustworthy to me?

c. What are my concerns or fears about sharing everything?

d. What would help me feel emotionally safer during this process?

Section V: Emotional readiness and support

Assess emotional preparedness and resilience before proceeding.

a. Am I willing to share even the most painful or embarrassing parts of my story?

- ☐ Yes
- ☐ No
- ☐ Not yet

b. How am I feeling emotionally as I prepare for this step?

- ☐ Fearful
- ☐ Relieved
- ☐ Ashamed
- ☐ Hopeful
- ☐ Conflicted

c. Do I feel ready to receive honest feedback or reflection?

- ☐ Yes
- ☐ No
- ☐ Not yet

If no or unsure, what might help increase readiness?

Section VI: Reframing and growth

This section centers the purpose of Step 5: spiritual and emotional growth.

a. What have I learned about myself through this process so far?

b. What would it feel like to let go of guilt and shame?

c. How can I use this step to move toward self-forgiveness and change?

d. What supportive steps will I take after sharing my Step 5?

- ☐ Journaling
- ☐ Meditation
- ☐ Therapy
- ☐ Support group
- ☐ Talking to my sponsor

Additional notes