

Step Five

April 12

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

Faced with *Step Five*, many of us resist, change our minds, or become paralyzed with fear. Others drink or drug or run away from this step. We think that no one else could understand where we've been. We're convinced too, that if others knew what we've done, we'd be rejected yet again. But years were spent absorbing these lies, trusting these irrational beliefs as they played the message, "You don't deserve to be fixed."

No longer can we afford to disregard the fact that secrets held close, keep us sick, stuck in the sludge of false beliefs. Like a cancer, these beliefs fester and we become convinced there really *is* no one worse than us; and, we will never be forgiven.

Step Five is vital to our survival. Recovery gives us mobility forward. Step Five opens doors to humility and courage as we confess truths about our- selves with a sponsor, a professional or trusted friend who honors the sanctity of our secrets.

The good news is that not one person has died from revealing their darkest secrets, the ones reserved for the grave. To deny ourselves the healing of Step Five puts us closer to relapse, or worse.

By now, we have taken questions to our sponsor, to meetings, and to our Higher Power who is with us on our journey. Having come this far, we are at peace knowing our Higher Power will reveal nothing more than what we can handle.

When we hold secrets we are looking, not at the person we are today; but at the person we *used* to be, the one entrapped in old stories full of blame, conjecture, and pain.

Step Five begins a transformation of our story as we become a person re-created in faith. We've worked too hard and come too far to give up now, what is for many of us, one of the greatest miracles of The Steps: freedom from and acceptance of harms done to ourselves and other

If we ask, our Higher Power will continue to walk before us toward forgiveness. I know, because He is still in front of me.

TODAY'S MEDITATION

Dear God, I pray for the willingness, honesty and open-mindedness to with- hold nothing. The quality of my life depends upon complete honesty.

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*"The secret to happiness is freedom...
And the secret to freedom is courage."- Thucydides*