

## 5<sup>th</sup> STEP WORKSHEET

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.  
*(Alcoholics Anonymous, Alcoholics Anonymous World Services, Inc.)*

1. Do you agree or disagree with the following statements?

Statement	Yes / No
Character deficiencies (character defects, shortcomings) are behaviors that can be changed with thought and effort.	
My understanding of my Higher Power is my own, and will be different from others.	
I understand that admitting something to myself means completely owning it and believing it.	

2. Make a list of your character deficiencies (character defects, shortcomings) resulting from the "My Part, My Mistakes" section reported in the 4<sup>th</sup> Step. It is likely that you will be able to condense similar repeating behaviors and list them only once.

	Character Deficiency (Character Defect, Shortcoming)

Attach page if necessary.

3. Prioritize the list of Character Deficiencies in #2 by asking the question of yourself, “What affects my joy and freedom most?” Write down the priority from “1” being most impactful, and list the priority number in the column to the left of the Character Deficiencies in #2.
4. Write the list of Character Deficiencies in order of priority below. Then write down how the character deficiency impacts your joy and freedom, followed by writing down how you would like to behave in the future.

Character Deficiency	Impact to Joy & Freedom	Preferred Behavior

Attach page if necessary.

5. What is your plan to change your unhealthy behaviors into your preferred behaviors?

6. Share your 5<sup>th</sup> Step work with God (Higher Power) aloud, then give great thought to owning your behaviors, then share your 5<sup>th</sup> Step work with your Sponsor.