

How is the Third Step reinforced by working the Fifth Step?

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Can you accept the exact nature of your wrongs?

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Will taking Step 5 change the direction of your life?

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How does practicing the principle of courage in working this step affect your whole recovery?

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When and where are you going to do your Fifth Step?

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How does sharing your inventory with someone further your commitment to recovery?

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If people really knew you would they reject you?

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How do you feel about admitting your secrets and wrong doings?

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Give an example of the blame trap and the new thinking you can put in its place.

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Give an example of the helpless trap and the new thinking you can put in its place.

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Give an example of the catastrophe trap and the new thinking you can put in its place.

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Give an example of a guilt trap and the new thinking you can put in its place.

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Give an example of an all or nothing trap and the new thinking you can put in its place.

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