

# StepSponsorDA

## Topic 12: MORE ON STEP 5

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

### MORE ON STEPS 5

**READ Aloud Together from DA Pamphlet "The 12 Steps of DA"**

Step 5 in its entirety p 10-11

**READ ABBREVIATED VERSION suggested AA Big Book Passages to read aloud together with your sponsor/study partner about the "Another Human Being" part of Step 5 are listed below, starting on P 72**

**SUPPLEMENT: READ Aloud, if time permits, together from DA Book *The 12 Steps, 12 Traditions and 12 Concepts of Debtors Anonymous (12x12x12)***

Step 5 in its entirety p 24-27

**SUPPLEMENT: READ Aloud, if time permits, AA Big Book entire 'another human being' passage - pp 72-75:1-2**

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**Read Aloud Together from DA Pamphlet "The 12 Steps of DA"**

Step 5 in its entirety p 10-11

How do we practice the Spirit of Step 5 already? (P 10:3)

What did we find helpful? (P10:4)

What was surprising? (P 10:5)

What promises did we find? (P 11:1)

**READ - ABBREVIATED VERSION - suggested AA Big Book Passages to read aloud together with your sponsor/study partner about the "Another Human Being" part of Step 5**

We share our inventory: p 72: 2 (lines 4-10)

In whom do we confide? p 73: 4 (last line), p 74:0 -1

This Step may be temporarily postponed: p 74: 2 (lines 2-6)

How do we take this Step? p 75:1 (lines 1-4)

**WHAT are the PROMISES of Step Five? p 75:2**

**TIP:** Only give yourself a week to write step 4, pray and give away the 5th step, take 6 & 7, and make our amends list.

After doing the writing, many of us PRAY to be shown in whom we confide.

Share on giving away your 5th step followed by immediately taking steps 6 & 7 in prayer.

**WHEN** does the AA Big book tell us to commence taking steps 6 & 7? p 75:3-76

**READ Aloud Together from DA Book *The 12 Steps, 12 Traditions, and 12 Concepts of Debtors Anonymous***

Step 5 in its entirety pp 24-27

- What are we promised in taking Step 5? (p 24)
- What does our text say about the choice of person to hear our inventory? (p 25:1-26:0-1)
- What feelings and concerns come up before a 5th step? (p 26:2)
- What directions did we find in the depiction of the act of giving away Step 5? (p 26:3-27:0)
- What was our experience?
- What are other promises? (p 27)

**SUPPLEMENT- EXTREMELY IMPORTANT**

## WHEN LISTENING TO A 5<sup>th</sup> STEP:

Before being the “another human being,” and hearing another DA member's inventory, **re-read LINE-BY-LINE, pp 64-75 in the AABB**. Be mindful that you, as listener, are an understanding guide, there to remind the protégée what the purpose of step 5 is, and to follow the directions and pray the prayers.

- Being allowed to listen to another's inventory is a sacred honor. (AABB p 75:1) **In prayer, ask God** to have you be a guide and conduit of God's love, understanding and compassion.
- **A good guide is there only to listen, to give the directions indicated in the text, by asking them in the form of questions. And last, you are there to remind the protégée to pray the prayers after each item.** (pp 64-75 in the AABB)
- If possible, it is advisable to listen compassionately ONLY to the inventories of those with the **same** addiction as you have, this gives additional assurance that we will be able to be understanding and not judge. We are just debtors helping other debtors.
- However, REMEMBER it is most important to **be** what is stated in the 2 key phrases from the original AA text, p. 74, that is: “close-mouthed” and “understanding”.
- **AND SO, NEVER repeat what is heard. Keep your protégée's confidence sacred.**
- **DO NOT EVER mock, judge, minimize, advise, analyze or criticize. NEVER, NOT EVER.**
- Also, check in with Step Study facilitators or longer time fellowship members for extra guidance on supporting and listening to another member's step work.
- At the end of the listening session, **remind** your protégée to go home and take the quiet prayer time as directed on pages 75-76 and **take steps 6 & 7 in prayer**. REVIEW p 75:3 through p 76, entire. **Remind** your protégée to **begin their Step 8 amends list** and NOT to burn the 4th step written material.
- If your protégée is new to this process, at the end of a 5<sup>th</sup> step session, take the time to talk through these directions, point out the prayers and even pray them together.
- After we realize our character defects to be removed, REMINDER, as a God conduit, as it says in the AABB top of p 70: "Counsel with others is often desirable but we let **God be the final Judge.**" **OUR PRIMARY PURPOSE IS TO CARRY THIS MESSAGE of God, spirituality and step work to our fellow suffering debtor. As a message carrier we NOT a therapist or advisor, but rather a reminder of the extreme importance of prayer, of God's unconditional love for us, and that God's power will change us and heal us.**

***This is the essential difference between a twelve-step recovery program and a self-help or human help program. DA is a twelve-step God-help program.***

## ACTIONS

**CONTINUE THE PROCESS OF WRITING YOUR FOURTH STEP COLUMNS, PRAYING AFTER EACH ITEM AS INDICATED**

**IF YOU ARE RESISTING, MAKE A PHONE OR FACE-TO-FACE SACRED APPOINTMENT TO DO THE WRITING TOGETHER WITH A PARTNER**

**IF YOU ARE CLOSE TO FINISHING THE WRITING AND HAVE NOT GIVEN THE WORK AWAY TO ANOTHER HUMAN BEING, PRAY FOR GUIDANCE ABOUT TO WHOM YOU WILL GIVE IT AWAY.**

**\*IF READY, CALL AND MAKE YOUR APPOINTMENT AND GIVE IT AWAY FOLLOWED BY STEPS 6 & 7 PRAYERS. AABB p 75:3, 76:1-2 After prayers, make a beginning step 8 amends list. AABB p 76:3**

## **ACTIONS** carried over from previous sessions

- REVIEW the Action List from the previous session. Be current with that before going on to this week's Action List. **SET ASIDE TIME FOR YOUR STEP WORK - YOU ARE WORTH IT!**

## **PRAYER CARDS**

- Get a pack of 3x5 index cards, if you have not done so already
- On individual 3x5 cards, put each of the 3 daily prayers; consider making several sets, one set for by the bed, one for your wallet, your desk, vanity mirror, car or other place you frequently look.
- **Add the resentment, fear and harms prayers to your prayer cards.**

## **DAILY**

- One Day at a Time Abstain from New Unsecured Debt (consider setting a date for your last unsecured debt or your DA Birthday).
- Call a DA member. Ask for support maintaining your DA program work, **especially 4th step writing**
- Read from a piece of DA or AA Literature
- Answer the study questions as indicated
- Keep a spending record as you spend
- Every morning:
  - Pray for willingness to work your DA program
  - Pray the Serenity Prayer
  - Pray BOTH the Third Step Prayers, AA's p 63 and DA's p 19
  - Pray the resentment, fear and harms prayers as needed, as they apply.
- **Pray these all through the day and consider carrying your prayer cards with you.**
- Spend some time on the READINGS in this study each day as you can, at least 15-20 min or more. **Let whatever amount of time you have be good enough. Keep coming back.**

## **WEEKLY**

- Attend at least one solution-oriented DA meeting - listen for the DA concepts.
- At your meeting, share only solutions and only if you have experience doing the work of the meeting topic. If you do not have a solution to share, listen for program-working members of your meetings and ask for their phone numbers or email addresses.
- GET A DA sponsor or DA phone study partner.
- Ask for support maintaining your DA program work.

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