

# ASHLEY HASEOTES

Being heard is something we all desire. It is even more important as we heal our inner wounds. In step 5, we literally give voice to step 4, and let me tell you this...it is powerful! I encourage you to think long and hard about who you will pick for your companion to read aloud your step 4. Enjoy!

## **Step 5**

*“Share our fourth step with a confidante/spiritual companion and your Higher Power”*

1. After completing your fourth step writing, what do you realize about your limitations and your capabilities?
2. Describe any person who has helped you to see yourself more clearly and objectively in your process of self-discovery and spirituality.
3. What qualities would you like to have in a confidante/spiritual companion?
4. Make a list of people you would consider sharing your fourth step with. How do the people on this list measure up to the criteria you listed in question 3?
5. Write down the names of the most trustworthy people that you know. Do you think that they would be willing or interested in being a confidante for you?
6. Describe your feelings and expectations about sharing your fifth step with your confidante/spiritual companion.
7. Describe who you have chosen to be your confidante and how they reacted when you approached them.
8. Set a time with the person you have chosen. Meet with them one on one. Light a candle or do something else that symbolizes bringing your Higher Power into the meeting. Read all that you have written, leaving nothing out. Take breaks as needed. The other person is only there to listen and to encourage you. Remember, this is not a punishment. We are objectively reviewing our conduct in life, bringing awareness to what blocks us from the Light and our fellows, so we can grow.

8. Describe what it was like in sharing the fifth step. How did you feel before, after and during the process? Are you glad that you have done this?

[https://youtu.be/iQzuW3uA\\_5g](https://youtu.be/iQzuW3uA_5g)