

AA Step 5 Worksheet

After writing out your fourth step inventory, did you perceive the world or yourself differently? If so, how?

Besides for your own well-being, what else is motivating you to stay sober?

1. _____

2. _____

3. _____

What are 3 personal reasons for you to stay sober?

1. _____

2. _____

3. _____

After completing your 4th step, are you hesitant about sharing your inventory with yourself, another person and God (of your understanding)?

As the big book says, we should limit our expectations to avoid resentments. With that in mind, do you have any expectations to the aftermath of sharing your inventory?

Do you feel that sharing this inventory will help you create and hold better relationships with others?

What are you going to do (have plans for) after you complete your 5th step?

Now that you completed your 5th step and shared your inventory with your sponsor, how do you perceive yourself and the world around you?

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