

# CZR Step Study

## Step Five– Week 1 of 1

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

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

- Read *COSA Step Five: Working the COSA Fifth Step* booklet/chapter through the Voices.
- Choose at least three questions to answer from the *COSA Step Five: Working the COSA Fifth Step* booklet/chapter. The questions follow the COSA Voices. Remember, the ones that you want to skip are likely ones that you need to answer.
- Spend some time each day thinking about/meditating on the words of Step Five. After several days of meditation, pick one word that stands out to you, and write about that word (any length, any style of writing).<sup>1</sup>
- Share any remaining inventories that you have not already shared with another person.<sup>2</sup>
- Share your complete inventories with your Higher Power. Some of us may think this is an unnecessary step, that our Higher Power already knows these things. Nonetheless, we are guided in the Steps to actually take an action to bring these things to our Higher Power. This may involve prayer; it may take place in a place with significance to you.
- When you have shared, consider how you feel. Spend some time in meditation or journaling about the experience using the PEMSSS (Physical, Emotional, Mental, Social, Spiritual, Sexual) or FANOS (Feelings, Affirmations/Appreciations, Need, Ownership, Successes/Struggles/Sobriety).

#### Forever Essential Assignments

It is important for our own recoveries to attend and contact other COSAs. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

<sup>1</sup> South Bay Step Group by Amy MJ and Brian T

<sup>2</sup> Walk in the Light Step Study

## Recommended

**Story In Three Sentences** Instructions<sup>3</sup> See the [COSA Zoom Room](#) website for the PDF if you need to review the instructions.

Write out your Step Five story in three sentences.

Instructions:

- Sentence 1: The Story – Write out (in one sentence) your story of admitting to God, to yourself and to another human being the exact nature of your wrongs.
- Sentence 2: What I did wrong - Write out (in one sentence) what you did that you wish you had either not done or done differently.
- Sentence 3: What I should have done – Write out what would have been a better choice and/or what I will choose to do in the future when that situation repeats itself.

## Optional

Watch [Married & Alone: Step Five of the Twelve Steps | Dr. Doug Weiss](#)

Watch [Help! My Spouse Feels Like a Roommate! | Dr. Doug Weiss - YouTube](#)

### Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

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<sup>3</sup>Dennis F - [website](#)