

# 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 help me 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.<sup>1</sup>

1. Read COSA Step Five: Working the COSA Fifth Step booklet/chapter through the Voices. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
2. 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.
3. 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>2</sup>
4. Share any remaining inventories that you have not already shared with another person.<sup>3</sup>
5. Share your complete inventories with your Higher Power. Some 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 action to bring these things to our Higher Power. This may involve prayer, and it may take place in a place with significance to you. There are many options for doing this. The important part is to speak audibly to your Higher Power.
6. 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

For our recovery, attending meetings and contacting other COSAs is important. 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> Adapted from Herb K's [Way of Life](#) document

<sup>2</sup> South Bay Step Group by Amy MJ and Brian T

<sup>3</sup> Walk in the Light Step Study

## Recommended

7. **Story In Three Sentences.**<sup>4</sup> For instructions, see Step Study→Step One→[Story In Three Sentences Presentation](#) on the [COSA Zoom Room](#) website for the PDF.


- a. 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.
- b. Sentence 2: Write out (in one sentence) what you did that you wish you had either not done or done differently.
- c. Sentence 3: Write out what would have been a better choice and/or what I would choose to do when that situation repeats itself.

### Example:

- a. **The Story:** *I believed that I was usually “right” and that if someone disagreed with me, they were probably “wrong.”*
- b. **What do you wish you had either not done or done differently?** *I wish I had accepted my own wrongdoing and, in turn, could admit being wrong to anyone else.*
- c. **What would have been a better choice?** *I would choose to recognize my fallibility, acknowledge those harmful actions, and accept the reality that there is truth in all people, even if we disagree.*

## Optional

8. Watch:  Married & Alone: Step Five of the Twelve Steps | Dr. Doug Weiss

9. Watch:  Help! My Spouse Feels Like a Roommate! | Dr. Doug Weiss

### Forever Optional Assignments

- For more information on each step, read the COSA *Balance* newsletter. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
- 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.

<sup>4</sup> Adapted from Dennis F - [website](#)