

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

“**Wrongs**” (Step 5), “**defects**” (Step 6) & “**shortcomings**” (Step 7) = the Same thing →>> Defects of Character (Column 5 / Fourth Step)

We’re beginning to “get right” in the first three dimensions of life: The **Spiritual** (“to God”), the **Mental** (“to ourselves”) and the **Physical** (“to another human being”).

<i>Wrong Judgements</i>	= Angers	= the <i>Mental</i> Dimension
<i>Wrong Believing</i>	= Fears	= the <i>Spiritual</i> Dimension
<i>Wrong Actions</i>	= Harms Done to Others	= the <i>Physical</i> Dimension

“Some people advise that it is good to vent feelings and to let resentments out, but unless we get to the root cause of the resentment, we have only made room for the next resentment This kind of venting may make us feel good for a while, but if we don’t get to the cause of the wrong judgement, we will soon have another resentment to take that one’s place, and the one we just expressed will usually still be there!” -- Joe McQuaney, “The Steps We Took” (p. 60).

“It’s real easy for me to look at you and see your defects of character. There’s nothing between you and me except air. But it’s very, very difficult for me to look at me and see the truth, and see my defects of character because of years spent rationalizing and justifying these attitudes. I need another human being to look at me objectively and help me see the things I couldn’t see. I did the very best I could do in the inventory process, but a solitary self-appraisal is insufficient. I need God and another human being to help me see things I couldn’t see on my own.” --- Joe McCoy / Laughlin, Nv. August 1998.

“I need to take my inventory to another human being, one who has walked this walk before me who understands steps 4, 5, 6, 7, 8 and 9 according to the Big Book and have them help me see the things I can’t see about me. Now, they’re not going to change anything in Columns 1 or 2, but they’ll probably change some things in Columns 3, 4 and 5. The main thing is do they really know the program? If they do they can help us. If they don’t, then all we are going to get out of it is confession.” --- Charlie Parmley / Laughlin, Nv., August 1998.

THOUGHTS on "A NEW ATTITUDE" & "A NEW RELATIONSHIP WITH OUR CREATOR"

*"We have been trying to get a new attitude,
a new relationship with our Creator." (p. 72:1)*

Back in Chapter Two, we're directed to read the "*Spiritual Experience*" Appendix. In that we're told that a Spiritual Experience/Awakening was a "*personality change sufficient to bring about recovery.*" And we defined "*personality*" as the way we think and feel...our outlook and **attitude** on life, people, etc. So - a Spiritual Awakening brings about a new way of viewing life, people, etc. – in other words, **a New Attitude**.

So what really is this "new attitude" – and how does it manifest itself? Well, hopefully we have begun to see that others are sick in self too. And, if we can do that, perhaps we'll not feel under constant attack. That those people who hurt us are not doing it **to** us --- they're just **doing** it. It becomes less personal -- they're "**acting out**" – not **attacking me**.

I believe we're all on this planet to grow in understanding and communion with our Creator. That being said, some of us are just a little further along in the journey than others. And if we can begin to look upon those who hurt us as not being where we are spiritually, then we can start to view them with *compassion* and *patience* rather than *resentment*.

Now, having completed the "searching and fearless moral inventory" called for in the Fourth Step, we have begun the process of developing this "new relationship with our Creator." (p.72:1)

Let's look at some specific examples of how we *apply* this *new attitude*:

- In dealing w/ Angers: Try to view those who harm us as spiritually ill
- In dealing w/ Fears: Try to see that the reason for our fears is that we believe we have only ourselves to rely upon, and
- Regarding Sex: Try to realize that our selfishness is the cause of our sex problems

And how are we told to begin the process of developing these *new attitudes*?

Well, for each Fourth Step list, we have been given specific prayers:

- To deal with our anger, we pray to be released from the control that our anger has on us..." **We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."** (p.67:0)
- To outgrow our fear "**we ask (God) to remove our fear and direct our attention to what He would have us be.** At once, we commence to outgrow fear." (p. 68:3)
- To address our sex problems, "**We asked God to mold our ideals and help us to live up to them.**" (p. 69:2) And to show us what do when confronted with a dilemma in this regard: "**we ask God what we should do about each specific matter.**" (p. 69:3)

These practical prayers produce a "*new attitude*" and are the beginning of our "*new relationship with our Creator.*"