

STEP 5 – READINESS WORKSHEET

Many of us discover that we are only one hard conversation away from the freedom we have been seeking. Step 5 is where we stop hiding, tell the truth, and begin to experience the relief that comes from complete honesty.

SECTION A – AM I READY?

- ☐ I have completed a written Step 4 inventory.
- ☐ I have reviewed my inventory.
- ☐ I have set a date / time to meet with my sponsor or another trusted person.
- ☐ I understand relief comes from being honest.
- ☐ I am willing to discuss difficult subjects.
- ☐ I believe completing Step 5 will help me better understand myself.
- ☐ I am willing to share everything, even the things I least want to discuss.
- ☐ I am ready to begin Step 5.

FINAL REFLECTION

What would freedom look like if I no longer had to carry these secrets?

SECTION B – SPONSOR READINESS CHECK

- ☐ Step 4 completed
- ☐ Inventory reviewed
- ☐ Willingness confirmed
- ☐ Ready to proceed

Sponsor Comments / Next Steps:
