

## *Al Kohallek Goes On A Forty-Day Serendipity Journey*

**DAY 20** - Today is \_\_\_\_\_

**When you start your daily practice you may ask your Higher Power –** *“Cause me to have all the honesty, willingness and open-mindedness I may need here and now. I ask for the guidance, love and wisdom that I need to work through this process and gain the most I can at this time. I am as willing as I can be to set aside everything I even think I know about this area, this way of life so that my chances for an open-mind and to be teachable are better so that I may realize Your Three Spiritual Gifts: Awakening to You, to be the love I am and to be the individual You created me as. Thank You.”*

### *INDEX FOR THIS DAY’S ACTION*

#### **STEP FIVE - (INTEGRITY)**

#### **ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.**

1. Workbook assignment pages 78 through 80 – Underline those things that were most useful for you and/or caused you to have questions. Write them down.
2. Today’s reading assignment from Alcoholics Anonymous is pages 72 through 75, reading time 5 minutes
3. List the most important ideas you can relate to, identify with as a result of today’s reading. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.
4. Today’s reading assignment from Twelve Steps and Twelve Traditions is Step Five - Average reading time 15 minutes
5. List the most important ideas you realized as a result of today’s reading, the chapter on Step Five in Twelve Steps and Twelve Traditions. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.

Al Kohallek had promised himself that he would never tell anyone his secrets; so, when he got to the Fifth Step he balked. He thought he could find an easier, softer way. But he could not.

Al: I’ve already talked to my Higher Power about my “secrets” and I see no reason to tell anyone else. It came to me that if I tell someone everything, that person could blackmail me into doing his or her will. Shall I move on to Step Six?

*Al Kohallek Goes On A Forty-Day Serendipity Journey*

Lou-is: Admitting to our Higher Power and to ourselves everything is two-thirds of this Step and I may add the easier part. But it will not get the job done. We are most likely to go from one extreme of guilt and remorse to the other extreme of rationalizing our part away. Here are some of the reasons for taking this vital Step:

1. Most of us have always dreamed of having someone to love and accept us just the way we are. Only by sharing with another human being everything can we hope to experience this love and acceptance to the max.
2. The Big Book states “ **if we skip this vital step, we may not overcome drinking. And there is very little chance of our being restored to sanity.**”
3. Some of us gain that feeling of belonging.
4. We are very likely to experience a God -consciousness or a spiritual awakening.
5. Our "secrets" take a great deal of energy to support. Letting go of them will release the energy we are using to hold them back.
6. By the way, I've never heard of anyone being blackmailed after doing their Fifth Step, but I have heard of a lot of people experiencing freedom and a peace of mind for the first time.

1. Workbook assignment pages 78 through 80 – Underline those things that were most useful for you and/or caused you to have questions. Write them down.


2. Today's reading assignment from Alcoholics Anonymous is pages 72 through 75, reading time 5 minutes
3. List the most important ideas you can relate to, identify with as a result of today's reading. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.


