

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

**DAY 21** - 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.”*

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

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

#### *INDEX FOR THIS DAY'S ACTION PREP WORK FOR SHARING YOUR STEP FIVE*

1. Make an outline as you go through this Prep Work so you will be able to remember everything you need to share.
2. Review all of your responses to the questions and/or statements up to this point. This includes your written responses, your List Boxes, and the Step Eight Worksheet.
3. Be ever so mindful of your patterns (experiences that you repeat.) Even if they were with different people, places, things or forms. These patterns (habits of thoughts and feelings) are one of, if not the most important parts of this process. These patterns make up your personal “reality,” and are the key to long-term recovery, and personal growth.
4. These patterns will play a vital part of Steps Six and Ten
5. As we go through our review, we continue our preliminary work on Step Eight. As we are preparing we may uncover additional harms done and/or people we are unable to forgive. Add these to your Step Eight Worksheet

Al: Who’s going to listen to my Fifth Step?

Lou-is: It is very important that you find the right person to confide in. We believe that it is best if you can share with a person who has finished his or her own Fifth Step. If this person is living the Program he/she will have a better understanding of what it is you are trying to do. However, you may not be able to find someone you could trust in your present group. You may have to go outside of our Program. Many of us take our first time Fifth Step with a non-Program person. The main thing is that you feel that you can trust this person. This should enable you to be as honest as you can be at the

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time. We would caution you about taking this Step with someone too close to you or one with whom you have an ax to grind. Someone could be hurt if you are really honest. It would be wise to question your own motives.

Ask this person to help you identify your patterns. Show this person a copy of your pattern list. They may have additions to your list or ask you to clarify the pattern. You may find you have a lot in common; on the other hand you may not even come close. Remember it is your inventory, your patterns, which means, in the end you are the one who will gain or fail to gain from those patterns directly.

Lou-is suggested that Al make a list of the possible people that he could or would take this vital step with. Al listed those people that he thought would most benefit him by taking his Fifth Step with them. In the first column he put their names. In the second column he wrote what he believed to be any benefits or advantages in doing it with that person. In the third column he wrote what he thought or felt could be any possible problems, and he listed his fears.

NAME	BENEFITS - ADVANTAGES	PROBLEMS - FEARS

Lou-is also suggested that Al set the date, in fact tomorrow, Day 22, a starting time, and the approximate amount of time to set aside to complete it, with the person he had chosen. Reminding him to be sure that each would be free to take all the time needed.

DATE	START TIME	UP TO TIME	PLACE	PERSON	PHONE #
Day 22					

Ask this person what the format will be used for taking the Fifth Step (what should Al expect). Write out any questions you may have or any part of the process you may want that person to clarify before you begin.
