

Step 5, Group 1

**We admitted to the Creator,
to ourselves
and to another person
the things we thought were wrong about ourselves.**

Step 1 Calls us to be Honest

Step 2 Calls us to have Hope

Step 3 Calls us to Faith

Step 4 Calls us to have Courage

Step 5 Calls us to have INTEGRITY.

What do you think INTEGRITY means? List some words and share with your peers:

Being a person of integrity means being honest with yourself

- and with other people.

Steps to growing integrity:

Step 1:

- Avoid things that lead to dishonesty.
 - o What kinds of things would lead you to be dishonest?

Step 2:

- Learn to speak the truth.
 - o Do you lie or twist the truth to avoid responsibility?

Step 3:

- Confess your wrongdoings.
 - o Your personality (character) will be stronger if you admit to the creator, yourself, and another your wrongdoings.
 - o Sometimes it is really hard to admit that we did wrong.

Step 4:

- Appreciate others.
 - You need to learn to “get along” with other – no matter who they are.

Step 5:

- Do not be jealous of others.
 - If others are more “successful” than you are, beware of “jealousy.”
 - What good comes from jealousy?

Step 5, Group 2

**We admitted to the Creator,
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the things we thought were wrong about ourselves.**

Step 1 Calls us to be Honest

Step 2 Calls us to have Hope

Step 3 Calls us to Faith

Step 4 Calls us to have Courage

Step 5 Calls us to have INTEGRITY.

- This Step is about bringing your SHADOW side into the light of day.
 - o When you stop “hiding” you will feel better.

Can you do this?

- Can you be really really honest with another person?
- Are you afraid of being “judged”?

It helps to **practice (rehearse)** what you need to talk about. One way of doing this is by illustrating it. Draw an upsetting memory you have – one that you have not told anyone else about.

Step 5

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Integrity

Ticket, Group 1

Welcomed Sobriety Circle members this morning and opened session with the Serenity Prayer. Proceeded to review previous group's focus of the 12 Steps of AA. Introduced Step 5:

**We admitted to the Creator,
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the things we thought were wrong about ourselves.**

Discussed/Processed how Step 5 calls us to have integrity. Discussed how the "secrets" we have within us keeps us trapped in ourselves and not truly free. Talked about the power others may have over us if they have a secret about us – and how this can be used to manipulate and control us. Group shared personal insights into how "secrets" from their past have limited their growth in sobriety.

Plan:

- Continue exploring the meaning and potential of Step 5.
- Continue sobriety peer support.

Individual Note:

Client found today's topic difficult and is not sure about "sharing" secrets with another person. Finds trust in others difficult.

Ticket, Group 2

Welcomed sobriety Circle Group this morning and opened session with the Serenity Prayer. Continued group process/discussion of Step 5 of the AA 12 Steps:

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Today's focus was on better understanding what integrity can mean in our lives. Group was asked to define integrity and then voice some synonyms for the word as it is not commonly used in this culture. Talked about integrity actually meaning "honesty" with self and others. Proceeded to explain/discuss/process some helpful steps to grow integrity in our lives of ongoing sobriety. Good group sharing.

Individual Note:

Client attentive and cooperative. Willing to engage with peers with encouragement. Shy at times.

Plan:

- Continue study/discussion/processing of Step 5 of the 12 Steps of AA.
- Continue peer encouragement and support in sobriety.

Ticket, Group 3

Welcomed Sobriety Circle group this morning and opened session with the Serenity Prayer. Continued group process/discussion of Step 5 of the AA we Steps:

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the things we thought were wrong about ourselves.**

Continued processing the meaning of this in the journey to sobriety with ongoing discussion of "integrity." This processing and sharing was accomplished through mind-mapping technique.

Plan:

- Begin Step 6 study of the 12 Steps of AA.
- Continue encouraging emotional "risk" taking to promote growth in sobriety.

willing to participate in group mind-mapping, but shy/reluctant to really share this with peers. Attentive and cooperative.