

# OA Desert Recovery

May 2022 - Step Five

**“ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.”**  
**[Spiritual Principle: Integrity]**

Let's suppose that I have had a discussion with a friend, which became heated, and now, we are not speaking. As a result, I have done some soul searching. And the words of the other person monopolized my searching. Do you know what they said? They are so wrong, oblivious. And round and round it goes. But suppose I had shared with an objective listener who pointed out that my anger was removing me from the sunlight of the spirit, harming me. And so, the willingness to forgive comes. But not if I remain inside the cyclone of my own thoughts. Step Five is necessary for happiness. ~Becki B.

Fear has been the touchstone for pain that gets me into action. Step Four was daunting, but through guidance, I did it! Even the sex inventory. I really had misconceptions galore, not do it right, really looking at myself and my addiction. OMGosh, what could be more painful? That's where Step Five comes in! Being able to talk about this icky stuff, behaviors, my part! Then comes relief, a new freedom! I am not alone. I have a new understanding of Forgiveness, my Higher Power, Trust, Love. Step Five was not easy, or comfortable, but necessary for this compulsive overeater. I am so blessed to be walking today in the Sunlight of the Spirit. Sometimes I forget, but that's why I keep coming back. ~Patti S.

When I have shared my darkest secrets with a friend or sponsor who has experience working and living these Steps, I have gotten so much relief. I am no longer isolated and alone. I am a part of the human race, and I can accept myself because someone else has accepted me just as I am. I am so grateful to OA for giving me this gift. ~Neva S.

Steps One through Four examine our relationship between us and food, between us and our Higher Power, and between us and our moral fiber. Here's the thing....Until we start Step Five, we can fool ourselves, can sweep our messy lives under the carpet. No one else has to know. Well, Step Five blows that all to hell!! By opening up to our Higher Power and to another person, we establish the foundation on which our new, recovered lives can be built. We wash away our old lives like a rainstorm washes away the dirt and grime. What's left is the clean purity of recovery. ~Randi F.

The most powerful part of my first Step Five for me was hearing my sponsor say, "Me, too." The more I talked about my experiences with others, the less power they began to have over me. They became events that were just facts of my past with no emotional connection to them. That is an amazing freedom for someone who spent an awful lot of time in her head mired down by the emotional weight of these experiences.  
~Anonymous