

Step 5 Prep

NOTE: We begin our 5th Step work in two weeks. The following email from the Adult Children of Alcoholics World Service Organization (ACAWSO) explains how to partner with another to complete your 5th Step:

Read the BRB concerning sponsorship and fellow traveler- see the index. Our program has been tailored for people to share the experience with one another so as not to have one person who 'knows a lot' being up above another. I know that may sound a little scary, but as children we were told what to do and when to do it so this gives each of us the responsibility to re-parent themselves.

The yellow 12 step workbook can be filled in individually and then each 'pair' can tell the other person what they found out about themselves. Also, please remember that women pair with women and men with men - since we have 'separate' ways of focusing or thinking.

Hopefully, the members of your meeting can decide who they want to sponsor with in the meeting, or perhaps with someone else such as a counselor or good friend.

Please feel free to email me with any questions, concerns, and ideas you might have. Yours in Service, Phyllis R. ACA/WSO Board of Trustees information@acawso.com