

Step 5 Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs

5F – Admitting to myself –Loneliness & Abandonment

In order to live step 5, we often need specific plans to add actions into our lives. Wishful thinking will not cut it. Our habits will keep us from doing what we wish for.

How has loneliness interacted with my addiction?

Loneliness has to do with acceptance of who, where, and what I am. It arises out of our own separations – those from our parents, not connecting with other peers, separation from a higher power, and separating from our own selves. How do I deal with loneliness (further isolation? Diving into addiction? Surround myself with work and others?) What is a better way to handle loneliness?

If I am running from loneliness, what can I do to be gentle with myself when alone? How can I accept my self, my mistakes, my circumstances, and my character? How can I be accountable to another person for that gentleness?

If I am using isolation to hide from the rejection I feel, how can I take simple steps to reach out to others? How can I use a sponsor or the rest of the people in the program to help me not stay alone?

What changes will I need in my priorities to be able to honor who I am and my past?

There are times when no matter what I do, I can not reach other people to fill my loneliness. These are times to just feel and grieve. How much of this hurt am I able to stand before feeling the need to use something to mask the pain? Do I have safe ways to cope with these pains? What ways?

How is solitude starting to show up in my life as I heal from the hurts of loneliness and abandonment?