

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

5G Admitting to myself –Neglect

Neglect is often the hidden issue in addiction. For many of us, we started our addiction because other needs were neglected. Current neglect is due to a habit of ignoring my needs. Neglect specifically requires planning and accountability to overcome.

How has my addiction tried to take care of needs I was neglecting? If my addiction is one way to handle needs that I am neglecting, what types of needs have triggered my addiction (common examples are lack of: food, physical care, medical attention, touch, relationships, rest, safety, spiritual connection, & emotional healing)

How can I identify when I am neglecting my needs? (ex. H.A.L.T. Fear)

What kinds of things have I put as higher priorities than my own needs? (Examples are: other people's wants, work demands, social or political goals, etc.)

How can I be "mindful" of my needs? How can I set up an ongoing pattern of acknowledging to others that I have needs and plan accountability with others on how I am meeting my needs so that I don't fall back into those old patterns? How can I seek a higher power's direction for meeting my needs?

One reason for continuing to neglect my needs is a lack of trust that those needs can be met. What trust issues do I have with the group or with my sponsor? How much do I trust that the program and my higher power will have my best interests at heart? Even though individuals and groups may fail me, can I trust that the program will be there for me when I have needs? How can I use the group to communicate to me a higher power's love?

One common experience with neglect is to seek out relationships (marriage or work) where the pattern of neglect can continue. How can I use the program to get myself out of such relationships and prevent future such relationships? What fears do I have about taking steps in this area?