

# AA Step 5 Worksheet

After writing out your fourth step inventory, did you perceive the world or yourself differently? If so, how?

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Besides for your own well-being, what else is motivating you to stay sober?

1. 

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2. 

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3. 

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What are 3 personal reasons for you to stay sober?

1. 

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2. 

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3. 

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After completing your 4th step, are you hesitant about sharing your inventory with yourself, another person and god (of your understanding?)

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As the big book says, we should limit our expectation to avoid resentments. With that in mind, do you have any expectations to the aftermath of sharing your inventory?

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