

## Exercise S1-5 First Step Experience

After giving their first step in a support group meeting, men often feel the seriousness of this step and my experience a post first step emotional letdown. We encourage those who have completed giving a public first step to journal about it and then use it as a prayer to ask for God's healing. This is best written in letter format addressed to either God or to yourself. We then read this letter to our sponsor.

Date \_\_\_\_\_

Dear \_\_\_\_\_,

Today (or date) I gave my first step and I feel \_\_\_\_\_

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(use as much space as you need)

I love you,

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