

## Exercise S5-1 Our Confession

In this exercise we write our confession to God, ourselves, and another human being. We write our confession with focus on our most significant sins and character defects. Significant means that we highlight those sins and defects that have caused the most harm in our lives and in the lives of those around us. The confession should focus more on your character defects, assets, fears, and resentments than on your sexual conduct.

After we write our confession, we will share it with the step study group and our sponsor for feedback. When all edits are complete, we will share our confession aloud with another human being in the presence of God.

Following are a few tips for use in drafting and giving your confession:

- The purpose of this step is your healing; the method is confession.
- Remember, this is a “confession”, not a “biography”.
- Clear, thorough, concise
- Select someone who is mature emotionally and spiritually; with whom you feel safe sharing your confession. Potentially good options: pastor, elder, therapist, close friend, etc.
- Begin by sharing that you are in a 12 step program, working step 5. If applicable, that you are working with a professional counselor, have a sponsor, etc. This will let the listener know that you are in recovery and not “appearing on their doorstep today looking for a rescuer”.
- Confession requires humility
- Be clear and specific about the role that character defects have played in your life and the lives around you. You may address the harm caused to others by your Character defects, Resentments, Fears, or Sexual Conduct. It is also OK to share how God has used you and your character defects to serve others, in spite of your flaws.
- When discussing sexual sin, be honest, but it is not necessary (and usually not appropriate) to provide detailed or graphic descriptions
- Be sure to close with the following:
  - thanks for time, listening, caring, etc.
  - ask to pray together, and
  - ask for brief note describing their experience hearing your confession

Write your confession below.