

## OPTIONAL RECEIVER SUGGESTIONS

### 5<sup>th</sup> STEP RECEIVER:

#### BEFORE THE DAY:

Call the 5<sup>th</sup> Step Giver and remind them to:

1. Pray before coming that they will be ready.
2. Bring the Big Book.
3. Bring question and answer envelopes and instruction sheet for their 5<sup>th</sup> Step preparation.
4. Bring all the 4<sup>th</sup> Step sheets.
5. Bring 12 final written summaries.
6. Read one summary to you over the phone so you can hear that they're showing ownership from fourth column.
7. Not make plans for later in the day, keep 5<sup>th</sup> Step appointment open-ended.
8. Take as long as they want because it is an "opportunity of a lifetime."
9. Consider where they are going afterward for the one hour.
10. BYO food and beverages.

#### DAY OF THE 5<sup>th</sup> STEP:

1. Pray for the highest good for all that God speaks through me.
2. Pray that I don't take on their problems.
3. Pray that I can be an opening for the person to step through to be closer to God, that I can be a tool, a channel. And that I am not there to "fix" them or find out what's wrong.
4. Meditate.

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### BEGIN THE SESSION:

1. Cover all clocks/watches and any other distractions.
2. Have your paper or notebook and pen ready/Kleenex/water.
3. Let them know or give them permission to cry.

### INTRODUCTION TO THE 5<sup>th</sup> STEP GIVER:

1. Light candle when they are present as a reminder of God's presence.
2. Tell them about anonymity: I am trustworthy.
3. "I'll be taking notes for you to remember the moment." (Record big events in their lives and give them the notes at the end.)
4. "I'll listen to you and only ask questions if I need to guide you or be more clear for my own understanding."
5. "Remember that in the 4<sup>th</sup> Step we discover what is blocking us from God. The 5<sup>th</sup> Step is coming closer to God and finding value in God. That's what we're doing today."
6. "I'd like to pray to start with for God's guidance."  
If they object, then observe a moment of silence. (You can still pray silently.)

Then state, "Before we get started, is there anything you want to get off your chest first? What's the thing that you've been thinking about all along, today on the way over here, walking to the door, ringing the doorbell, knocking on the door??? Give me the ugliest you've got."

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### THEIR STORY:

"I'd like to have you tell me your story: birth, growing up, marriages, etc."  
Some of their stuff comes out now. If a serious item comes up, ask if they wrote a summary about it. If yes, have them read it at this time.

### SUGGESTIONS TO RECEIVER AT THIS TIME:

1. Don't laugh or take lightly what they say because their stuff is very serious to them.
2. Be gentle.
3. Try to create a spirit of trust.
4. Share some of your own story if appropriate.
5. Watch body language: how they sit, talk, respond to you, perfectionism, self-righteousness, "goody-two-shoes", money relationship, sex issues, eye contact.
6. BREATHE: Ask them to breathe deeply to center themselves. (If breathing gets shallow, we don't feel; breathing deeply, we feel more. Remind frequently.)

### SUGGESTED REPLIES OR COMMENTS YOU CAN USE DURING THIS SESSION:

I understand

I hear you

That's tough

I'm sorry you had to go through that

How has that affected you?

How are you going to deal with this?

How will these solutions work for you?

You have an issue there that will require some work when you go on to the 6<sup>th</sup> and 7<sup>th</sup> Steps (or suggest counseling).

Tell me more

That's interesting

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### SUMMARIES:

1. Have them read all the summaries and what their part is in it. Listen for ownership . . . Go from right to left starting with defect in fourth column.
2. Tell them: "This is the most important thing for you to understand because this is where change occurs. You take ownership and are able to go on with the rest of your life."
3. ASK: "Do you see that accountability brings closeness to your Higher Power?"
4. ASK: "Can you see if you were the opposite of the column four defects, things wouldn't have happened? i.e. generous instead of selfish, honest instead of dishonest, courageous instead of fearful."

### DEFINE SHORTCOMING:

- "A mistaken way of being someone."
- "A mistaken goal of 'OK-ness,' not leaning on God."
  - How do you think that makes you someone? i.e. procrastination?
  - Can you see how being late makes you think you are someone?
  - If this is the only way you can be someone, you're (in trouble).

### HARMS AND SHAMES:

"Here's the part where I ask you to tell me your shames and harms and secrets that are really bothering you - - that you've really never talked about but need to get it out so you move on with your life." Items from sheets labeled 'Sex Conduct and Harms.'

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### QUESTIONS:

"Here's where I ask you some questions. We ask them of everyone. The purpose is to see if you are inadvertently holding anything back which might prevent you from moving on with your life and coming closer to God as you understand God. You don't have to state specifics, but if it has affected you, you need to talk about it." (Watch for eye contact - theirs and yours. After each question, pause and have eye contact with giver.)

### QUESTIONS

- 1.) Do you have any eating disorders?
- 2.) If heterosexual, have you ever had any homosexual experiences? If homosexual, have you ever had any heterosexual experiences?
- 3.) Have you ever had or now have sex with animals?
- 4.) Have you ever had an abortion?
- 5.) Have you been a victim of incest, either overt or covert?\*\*\*  
  
\*\*\*Sexual abuse is a violation of power perpetrated by a person with more power or physical strength over someone who is more vulnerable. It involves a breach of trust, a breaking of boundaries and a profound violation of the survivor's sense of self. It can be overt (with actual touching) or covert (doesn't involve physical touch - - such as a father watching a young girl for his sexual interest and making lewd comments or a coach, insisting on seeing his young players naked while he makes crude, suggestive remarks about their bodies, before they can make the team.)
- 6.) Have you ever been raped, molested or beaten?
- 7.) Have you ever been a sexual abuse, incest or physical abuse perpetrator?
- 8.) Have you ever maimed or killed anyone?
- 9.) Have you ever stolen or shoplifted?
- 10.) Have you ever had dealings with the occult (negative witchcraft or Satanism?)
- 11.) Is there anything else you are keeping a secret?

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## THE END:

1. Read 5<sup>th</sup> Step Promises on page 75 of the Big Book
2. "Remember I am trustworthy"
3. "You may feel results either now or later - - either powerful or slow"
4. "Remember, there are seven (7) more Steps after the 5<sup>th</sup> Step. Keep your notes for 8<sup>th</sup> and 9<sup>th</sup> Steps"
5. "Now is the time for your quiet hour"

## THANK THEM:

"You are courageous, you've been searching for value in God. What's God in your life, a God to lean on."

"I love you and respect you and God loves you."

HUG