Step 5: Telling Someone

> *"Why will no man confess his faults? Because he is still in their grasp; only he who is awake can recount his dream, and similarly a confession of sin is a proof of sound mind."*

Seneca, Letters 53 (tr. Gummere)

For Seneca, being able to admit your faults is a sign of waking up, not of weakness. Choose someone trustworthy and experienced. You do not need to rehearse every word; this sheet is for preparing your mind.

Who I will tell

Name: _____ **When:** _____

- [ ] **I trust them to keep it private**
- [ ] **They have experience of recovery, or of listening (sponsor, counsellor, faith leader)**
- [ ] **They will be honest with me, not just kind**

What I most fear saying

What I want them to understand

Patterns I have noticed from my inventory

Afterwards: how I feel, and what I learned

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