



### Other Lies

Identify examples of other lies that you told during your addiction. They may or may not be directly or indirectly related to addiction.

I lied to	Other examples of my dishonesty
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### Dishonest Behavior

Identify other deceptive behavior in connection with your addiction. Who were you dishonest with? How were you dishonest in your **behavior**?

I was dishonest with	Examples of my sneaky, dishonest, deceptive behavior
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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What did you do when you were caught in lies and other forms of dishonesty?

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Identify the impact of your dishonesty on your significant others, including spouse, parents, kids, coworkers, boss, etc.

Who I hurt	Examples of how my behavior hurt them
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Identify examples of how your behavior hurt yourself.

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Identify the feelings that occurred because of your dishonesty with others and yourself.  
Identify what you did with those feelings when they occurred.

Feelings	How I dealt with my feelings
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Identify any current barriers to getting honest with the people in your life. Identify a plan for getting through those barriers to be able to get more honest in recovery.

Barriers	Plan on how to get past the barriers to be more real with the people in my life.
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Develop a goal for improving your ability to be honest in recovery. Develop a plan for how you can continue to become more and more honest with yourself and others during your continuing recovery.

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Keep in mind that becoming honest in recovery is not about indiscriminately doing a fifth step with everyone you know. You are still in charge of making decisions about self-disclosure with others. You get to decide what to reveal, to whom, and when to reveal it. Working with a 12 step recovery sponsor can assist you making decisions about revealing old dishonest behaviors. Sponsorship can also guide Making Amends in the eighth step.



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