

LETTING GO OF SHAME AND PRIDE:

1. Did you come into OA with feelings of shame? What messages were you telling yourself? Are they true?
2. What is the difference between shame and guilt?
3. Do you find yourself swapping between feeling 'better than' and feeling 'less than'. Why do you do this? What action can you take to change this habit?
4. How is humility related to anonymity? (Tradition 12)
5. Write about your experience of letting go of shame and pride by doing Step 5.