

Assignment 26 – Transformation Process

1. Read and highlight pages 72 to 75 in the Big Book.
2. It is recommended that we do the Fifth Step in one sitting, preferably face-to-face. It is OK to give part of our story to someone who will understand, for example, a lawyer, a priest, a psychologist, etc.
3. LISTEN/WATCH:
 41. Step 5 - Pages 72 - 75 from Big Book ([CLICK HERE](#))
 42. Step 5 - Conclusion and preparing for Step 6 and 7 - Pages 75 - 76 from Big Book ([CLICK HERE](#))

Extension:

1. Read and highlight Step Five in the Twelve Steps and Twelve Traditions.
2. WATCH: Path to Freedom - STEP FIVE, SIX, SEVEN: Transparency / Transformation ([CLICK HERE](#))