SESSION 14

STEP 6    Into Action    p. 76: 1

Step 6. Were entirely ready to have God remove all these defects of character.
*Let go.* (76: 1) *We ask God* [of our understanding] *to help us be willing.* (76: 1)

Step 6 written inventory     Take Step 6

I    ON YOUR OWN:    STUDY –   What did the Big Book authors say?

- **READ**    Review Into Action p. 75: 3. Read of Step 6 on p. 76: 1. (See also 263: 0, 1, 2) Many read Step 6 in the 12 & 12.
  - Have you done the Step work so far to [your] satisfaction? (75: 3-76: 1)
  - Heard in a meeting: “When you were ready, you let your drinking go. You can do the same with your other defects and shortcomings.”

- **WRITE**    List all of your character defects from Steps 4 and 5 and write brief descriptions of them. [Defect: A lack; an imperfection. To fall short; to miss the mark.] [Change: To substitute something else for. To exchange.]
  - You may have become so attached to your defenses, patterns, masks and actor’s roles (60: 4) - your defects - that you have begun to identify with them.
  - Yet there comes a point when it is more painful to stay in the old patterns than it is to risk something new and unknown.
  - The key to Step 6 is to maintain the honesty developed through all the Steps, and to be patient with yourself.

- **TALK**    Call your sponsor and other members of the group to discuss your thoughts on Step 6.

- **PRACTICE DAILY RELAXATION**    **MEDITATION / PRAYER.**

II    WITH THE GROUP:    PRACTICE –   What does the Big Book say to me about my practice of Step 6?

- [Optional: *Having been granted a perfect release from alcoholism, why then shouldn't we be able to achieve by the same means a perfect release from every other difficulty or defect? This is a riddle....* (12&12 64: 2)]
  - Consider having a round robin discussion about one particular defect, and the group’s experiences with Step 6 by the Big Book.

Points of Focus and Reflection    (Consider 75:3-76: 1)    Try saying these out loud.

1.) **Awareness of Character Defects**
- In what ways are my defects really basic human traits that have been distorted by my own self-centeredness?
- In what specific ways am I addicted to outside things to change my feelings?
- Can I list each defect I have and the ways I act on it?
• How do I feel when I act out on each defect? What feelings do my defects help me change or avoid? Is every defect another face of fear?
• What would my life be like without each defect?

2.) Willingness
• Am I ready to become willing?
• Which of my unwanted defects am I dismayed to find are still here?
• Which of my defects have I had most of my life, and are like survival skills? How did each defect (or pattern or defense or role or mask) protect me?
• Which unhealthy behaviors do I seem to repeat over and over?
• Do I fear I cannot change? Does my personality seem to equal my defects?
• How have I changed so far? What defects do I no longer have to act on?
• Can I see the principles of 12 Step recovery as being the opposite of my character defects?
• Am I entirely ready (59: 2) to let my higher power set my character defects at one remove from me?

3.) Letting Go
• When will the pain of holding on to my defects of character become greater than my fear of change?
• Have many of my thought-habits brought nothing but pain and degradation to my life? Do I need help in dealing with them?
• How may I let go through prayer and meditation and reflect on my higher power?
• How does my surrender deepen in this step? Can I relax since I do not do it alone?
• What action can I take that shows that I am entirely ready?

III DAILY PRACTICE OF STEP 6 PRINCIPLES
• How may I demonstrate my commitment to persevere in my recovery today?
• How am I willing to act differently?
• How may I increase my trust in the God of my understanding by working Step 6?
• How may I practice the principle of self-acceptance, even when once again I act on a defect against my will?
• Can I not do what the alcoholic in me says, “I want to do” today?
• Do I understand this is just for today, one day at a time?

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IV TAKE STEP 6 We take Step 6 in the first paragraph on BB page 76.

-See page 95 of this workbook for an optional Step 6 written inventory.

As we put our willingness to change into practice, one day at a time, then according to the Big Book, and under the conditions of this day, we take Step 6.

Observe carrying out Step 6 in the manner that your group sees fit.
STEP 6  WRITTEN INVENTORY (optional)  (Step 7 on reverse)
Step 6. Were entirely ready to have God remove all these defects of character.

Make multiple copies or expand this template in your own notebook.
- Review the list of character defects that you elaborated in writing in Step 4.
- List each defect, and give a definition of it.
- Write about how you act on your character defects, and what effect it has on you and others.
- Ask yourself what feelings you are trying to suppress or change when you act out on the defect?
- What would your life be like without this behavior?
- Which spiritual principle may you apply instead?

Defect:
Definition:
Effect of acting on it:
Feelings involved:
Alternatives:

Defect:
Definition:
Effect of acting on it:
Feelings involved:
Alternatives:

Defect:
Definition:
Effect of acting on it:
Feelings involved:
Alternatives:

Defect:
Definition:
Effect of acting on it:
Feelings involved:
Alternatives:

Defect:
Definition:
Effect of acting on it:
Feelings involved:
Alternatives:

Etc, etc.
STEP 7 WRITTEN INVENTORY (optional)  (Step 6 on reverse)

Step 7 Humbly asked him to remove our shortcomings.

Make multiple copies or expand this template in your own notebook.

Every day of the week I may choose a character defect or shortcoming to monitor. How am I doing with it? How am I asking for strength and help? Which spiritual principle am I applying instead?

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Etc, etc.