

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?

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?

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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?

MONDAY:

Shortcoming: What did I do?

Spiritual principle: What did I do?

-

-

-

-

TUESDAY:

Shortcoming: What did I do?

Spiritual principle: What did I do?

-

-

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-

WEDNESDAY:

Shortcoming: What did I do?

Spiritual principle: What did I do?

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THURSDAY:

Shortcoming: What did I do?

Spiritual principle: What did I do?

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FRIDAY:

Shortcoming: What did I do?

Spiritual principle: What did I do?

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SATURDAY:

Shortcoming: What did I do?

Spiritual principle: What did I do?

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SUNDAY:

Shortcoming: What did I do?

Spiritual principle: What did I do?

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Etc, etc.