

STEP 6 & 7 WORKSHEET

DEFECT OF CHARACTER: Every character defect we have has been useful to us at some point in our lives. We need to examine the perceived benefits of these defects and accept that those benefits no longer serve us. We must be rid of these defects of character in order to continue to grow spiritually. And for that to happen, we are told we must cultivate a **willingness** to change.

Defect of Character / Negative Character Trait	What PERCEIVED Benefit do I gain by clinging to this character defect? (What does it do FOR me?)	In what ways has this trait outlived its usefulness? What are the ACTUAL consequences of engaging in this defect? (What does it do TO me?)	How does it make others feel when I engage in this defect?	Do you see this character trait in others? (How does it make you feel?)	Does this defect cause me to become:				Step 6 Step 6 states: "We were entirely ready to have God remove all these defects of character." Big Book page 76
					SELFISH	SELF-SEEKING	DISHONEST	RESENTFUL/FEARFUL	
	☐ EXCITES / THRILLS ME ☐ COMFORTS / PROTECTS ME ☐ COMPENSATES FOR A LACK ☐ EGO / STATUS / SELF-ESTEEM ☐ GIVES ME CONTROL ☐ JUSTIFICATION ☐ VALIDATES ME ☐ MOTIVATES ME ☐ OTHER:				"Some of us misunderstand Step 6 and act as if it is up to ourselves to remove our own shortcomings." "It will be up to a Power greater than ourselves to remove them from us; we can not do it alone."				

OPPOSITE CHARACTER TRAIT: We now turn to a Power greater than ourselves to lift these character defects from us. In order to be entirely ready, we must envision what the opposite of our behavior can be, and to strive to stay in a state of complete readiness for our Higher Power to act.

What is the opposite of the above character trait?	What rewards might I find by practicing this opposite?	Is this defect costing me more than it is giving me? How so? (If no, go back to perceived benefits)	How can I become aware and entirely ready to have this defect removed?	Am I willing to humbly ask HP to relieve me of this character defect?	7th Step Prayer Found in The Big Book of Alcoholics Anonymous, p. 76 "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character, which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do thy bidding, Amen."