



## Step SIX :

***“ Were entirely ready to have God remove all these defects of character”.***

Step 6

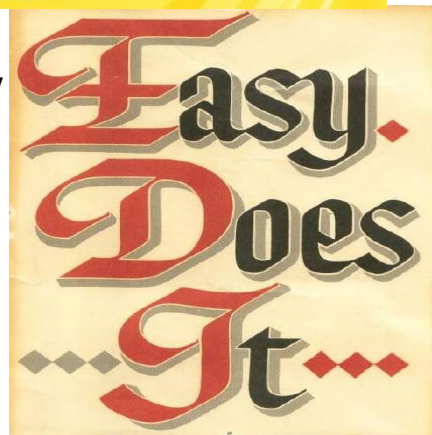
### .What is Step 6 of AA?

.The idea behind this phase of 12-step recovery—Steps 4 through 7—is to address some of the personal issues, [shortcomings, and character defects](#) that may have been a factor in your decision to begin drinking in the first place.

If you simply stop drinking and do not address some of these other issues, they could lead you into situations that may cause you to [relapse](#). For example, if the way you express anger or the way you handle rejection is a problem for others around you, you could end up ruining a relationship, and that could cause you to pick up a drink again.

Furthermore, if you "only" quit drinking and you don't address your other issues, you could end up what some call a "[dry drunk](#)," meaning you may become bitter and resentful. In which case, you may be sober but very unhappy.

The other aspect is you might return to drinking as these issues can lead to negative thinking, difficulty with relationships and financial issues . These eventually lead to resentments and fears unless effectively dealt with can leave the person in recovery vulnerable to relapse.



#### A.A. PREAMBLE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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# How to Practice Step 6 in Daily Life

Step 6 in the 12-step recovery program says “We became willing to ask God to help us remove our defects of character.”

This is a particularly challenging step to take. To understand why, let’s first review how far we’ve come in steps 1 through 5.

The first 3 steps of the 12-step recovery program are about accepting powerlessness in the face of addiction, and about finding the willingness to get sober.

Steps 4 and 5 are about looking at the consequences of your addiction.

Such a hard look in the mirror is scary and sometimes embarrassing -- identifying character traits and patterns of behaviors that lead you to where you are today.

Which brings us now to step 6. After all the difficult work you’ve done, why is step 6 especially difficult?

Steps 1 through 5 are all about self-reflection -- you’ve admitted you have an alcohol problem.

Step 6 is about finding the willingness to take some action, to turn over powerlessness, as well as any negative aspects of our character to a higher power, as the individual has defined it.

And you thought things were tough before? Just wait! But you can do it.

First, keep in mind step 6 doesn’t ask us to take some action right away, it only asks us to find the *willingness to take some action* – difficult enough to do, but anything that’s difficult to do can be made easier when broken down into smaller chunks, like the following:

- Beware of perfectionism  
You don’t have to do everything perfectly to recover from drug and alcohol abuse.

In addition, you don’t have to be willing to turn over everything all at once.

Instead, identify a few of the most serious issues you’re willing to address, and tackle the rest at a later time.

- Check Yourself  
Another way of saying that step 6 doesn’t ask us to take some action right away, it only asks us to find the willingness to take some action is to say step 6 is about attitude rather than behavior.
- Every morning, take a look in the mirror. Ask yourself: am I willing to turn my negative qualities over to a higher power, however I have defined it.
- Before answering, consider first whether your response is positive or negative.

# UPCOMING EVENTS

MARK YOUR CALENDARS

## ANNOUNCEMENTS

Founders Day Summer Picnic—Saturday June 13— 12-3 pm— Sandy Bottom Park—Hampton, VA—Hamburgers/Hotdogs provided, bring side dish.

Pride in Sobriety—2nd Anniversary Cookout—Saturday—June 20th—6 pm Dinner—7pm meeting

Come Visit the Fort Monroe Group—Tuesday, Thursday & Saturday—First Christian Church, Hampton.

### **CONTACT INFORMATION**

Peninsula Answering Service: 757-  
595-1212

District 8 Website: [aahamptonva.org](http://aahamptonva.org)

District 12 Website: [aanewport-  
newsva.org](http://aanewport-newsva.org)



### **Sixth Step Prayer**

**Dear God, I am ready for  
Your help In removing from  
me the defects of character  
Which I now realize are an  
obstacle to my recov-  
ery. Help me to continue be-  
ing honest with myself and  
Guide me toward spiritual  
and mental health.**

# NOT A GRUM LOT

Name: \_\_\_\_\_

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A V O J T T R V R L L U L R Y V Y R C G  
O E E H W B M L W G E O T P S N R D G A  
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NATURE  
CHARACTER  
EAGER  
DIFFICULTY

WRONGS  
OURSELVES  
SOBRIETY  
HUMILITY

ADMISSION  
GOD  
HONEST