

UNBOTTLED AND UNFILTERED

Step 6 Companion Worksheet

"Were entirely ready to have God remove all these defects of character."

Name: _____ Date: _____

Before You Begin

Step Six is about willingness, not perfection. Be honest with yourself. There are no wrong answers.

Part 1 – My Character Defect

What character defect shows up most often?

When does it usually appear?

What emotions trigger it?

☐ Fear ☐ Anger ☐ Anxiety ☐ Shame ☐ Stress ☐ Loneliness ☐ Other _____

Part 2 – Looking Deeper

What is this defect trying to protect you from?

How has it helped you in the past?

How is it hurting you today?

Part 3 – Am I Willing?

Circle one:

I recognize it no longer helps me: 1 2 3 4 5

I want to let it go: 1 2 3 4 5

I am willing to change: 1 2 3 4 5

Part 4 – If I Let Go

My relationships would look like:

I would feel:

Daily Awareness

Notice your character defect each day without judging yourself.

Day	When did it show up?	What was I feeling?	How did I respond?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Step Six Prayer

Higher Power, today I become willing. Help me let go of the behaviors that no longer serve my recovery. Replace fear with faith, control with trust, and resentment with peace. Amen.

My commitment this week: I will pay attention to _____