

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 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 roles (your defects) that you have begun to identify with them. 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 MEDITATION / PRAYER.**

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

Having gone through the process of recognizing and examining many defects and faulty motives in Step 4, and sharing about them in Step 5, consider having a round robin discussion about one particular defect. Members of the group may choose to speak on their 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?

- Can I list each defect I have and the ways I act on it?
- In what specific ways am I addicted to things to change my feelings?
- 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?
- Am I afraid I am incapable of change? Is my personality 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 “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 page 76.

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 principal: What did I do?

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TUESDAY:

Shortcoming: What did I do?

Spiritual principal: What did I do?

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WEDNESDAY:

Shortcoming: What did I do?

Spiritual principal: What did I do?

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THURSDAY:

Shortcoming: What did I do?

Spiritual principal: What did I do?

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FRIDAY:

Shortcoming: What did I do?

Spiritual principal: What did I do?

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SATURDAY:

Shortcoming: What did I do?

Spiritual principal: What did I do?

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SUNDAY:

Shortcoming: What did I do?

Spiritual principal: What did I do?

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Etc, etc.