

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 <i>PERCEIVED</i> 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 <i>ACTUAL</i> 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:				<p>Step 6 Promises: Found in the last paragraph of Step 6 in the OA 12 & 12</p> <p>Although we may not realize it at first, our commitment to embrace the needed changes in ourselves has given us an extraordinary power to deal with life's challenges. No longer will we go through life clinging desperately to the past, resistant to change [...] Having such an attitude we cannot fail. We will become wiser, saner, more effective people as we recover from the disease of compulsive eating. We'll find we can cope with both good times – and bad – learning and growing spiritually, as our Higher Power intended us to do all along.</p>																					
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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?	<p>7th Step Prayer Found in The Big Book of Alcoholics Anonymous, p. 76</p> <p>“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.”</p>