

ASHLEY HASEOTES

We continue reflecting inward during this 6th step. You will find this to feel like a continuation of step 4. In both steps we are seeking to find our inner wounds, the places we get triggered. Enjoy!

Step 6

“Were entirely ready to release our defects of character”

Character: The mental and moral qualities of an individual

Defect: A short coming or lack

In this process, referring to **character defects** is not meant as an insult. The words feel strong when we first hear them but the term is not a cutting one. It is a term that refers to the seeds deep within us that when made aware of, can serve as the starting points for our greatest lessons and growth.

1. Describe situations and events where you have been greedy, overly needy or materialistic. What has this brought into your life that you like or enjoy? What problems has it caused you? Are you ready to give these attitudes over to the care of God?
2. Describe situations and events where you have been dishonest. What has this brought into your life that you like or enjoy? What problems has it caused you? Are you ready to depend upon God to keep you from dishonesty?
3. Describe situations and events where you have given into temptation or impulses. What has this brought into your life that you like or enjoy? What problems has it caused you? Are you ready to let God take control of these behaviors and attitudes?
4. Describe situations and events where you have been very envious or jealous of others. What has this brought into your life that you like or enjoy? What problems has it caused you? Are your ready to turn these situations over to God?
5. Describe situations and events where you have avoided responsibility for your actions or lack of actions. What has this brought into your life that you like or enjoy? What problems has it caused you? Are you ready to allow God to help you take responsibility for your actions?
6. List the defects of character you identified in your writing. These are the recurring fears listed in the “Frightened” part of your turn arounds.

Examples: **unworthy, not having enough, unloveable, other people's opinion, not good enough, abandonment, being alone, not being respected**

7. What do you plan to do when these major defects of character begin to become evident? List each defect individually along with the proposed preventative behavior and how you will allow God to help you in releasing these defects.

Step 6 Conclusion:

Review your writing. Is there anything you left out? Is there anything you haven't shared with your confidante/spiritual companion? If you conclude you have been thorough and you are now willing to release these defects of character, you are now ready to move on to Step 7.

Step 7

"Humbly asked our Higher Power to remove our shortcomings"

This is a step that has brought great comfort to many. It is where we give EVERYTHING to God. The good, the bad, and everything in between.

Write out a prayer or a letter to (God, Higher Power, Spirit of the Universe, Energy, etc.) following the guidelines below:

Begin with a humble mindset and heart.

Acknowledge the role your higher power has in your life.

Ask the higher power to remove what stands between you and the life that power would have you live.

Ask for strength as you continue on your journey.

Ask for continued awareness of your defects

Ask that when they come up you have the willingness to turn toward toward the light of your higher power.

There are prayers from other practices or religions that convey this message that you are welcome to use. Whatever feels right to you in your heart.

Once you have your prayer or letter, go to a quiet place. Humbly and from the heart read your prayer or letter. Envision yourself being enveloped in and filled with the Pure and Infinite Love of the Divine. Relish in it.

Step 7 Conclusion:

In your journal, write how you feel after this exercise.

Write your prayer/letter on a piece of paper and put it in a place where you will see it daily.

<https://youtu.be/8vGnTO2nuz0>