

Subject: Alcoholics Anonymous Step Six

This is what I've come up with for us to thoroughly work Step Six. Please review and get to work! Thanks! And remember, Step Six is always ongoing, practiced in every situation in life. If you work the Program, Step Six becomes the new you. Step Six is where we move from adolescent, childish thinking into mature, adult thinking & our actions follow suit. Step Six is the first honest chance many of us has ever given ourselves to be free. If you skimp on this step, you WILL always be the victim.

It is no coincidence that the key to AA's 12 steps lays right smack dab in the middle of them...steps 6/7. These are the steps that allow us to grow beyond who we ended up becoming (with or without our permission). These steps are the "meat" of AA, where we learn to "Uncover, Discover & Discard." As your awareness to what your defects are increases, you will continue to become increasingly ready for their removal. Remember, that at the beginning we agreed to be honest with ourselves. For many of us, Step Six is the very first time we have EVER given ourselves a solid, honest appraisal of who we are.

Whether you realize it or not, you cannot see a character defect (liability) in another person unless you yourself possess that same defect. The same is true for character qualities (assets). The next time you find yourself judging someone else or their behavior, turn those thoughts inward and give yourself a chance to be **ENTIRELY** ready to have that same defect removed from you. You may not have even recognized that you had that very same defect. Then share it in a meeting and help someone else.

Step 6: "Were entirely ready to have God remove all these defects of character."

This is about you becoming aware of your shortcomings and becoming humble. Humble to just be you and not pretend to be something or someone you're not. Humble to simply be a child of His will. Are you now ready to let G-d remove from you all the things which you have admitted are objectionable? Do you even know what these defects are? Will you let Him now take them all-every one? Step Six holds the key to your awareness of who you truly have become. This is where we begin to understand what our assets are and what our liabilities are. I can't discard something until I take ownership of it.

The Spiritual Principles encompassing Step Six:

- Willingness (We must become willing to change ourselves).
- Commitment (To ourselves and others)
- Awareness (Of ourselves and our surroundings)

Assignment #1 for Step Six:

Write (not type) what these words mean to you. After writing, look up the definitions to the following words in a dictionary:

1. Ready
2. Remove
3. Defects

Assignment #2 for Step Six:

Write down these questions, and then answer them with as much detail as you can...

1. What is a defect of character?
2. Am I "entirely" ready for my life to be transformed?
3. What is my understanding of Step Six?

Assignment #3 for Step Six:

Read Step Six in the (pgs 63-69) in the Twelve Steps and Twelve Traditions and talk about its meaning with someone.

NOTE: Pay particular attention to the very first paragraph. This is **EXTREMELY** important.

Assignment #4 for Step Six:

1. Compile a comprehensive list of **ALL** of your character defects (See reverse side for some common defects).

Assignment #5 for Step Six:

1. Read the book "Drop the Rock: Removing Character Defects Steps Six and Seven", pages ix-56.
2. Use a highlighter to point out things you identify with.
3. Contact me when you have finished and discuss what you uncovered.

Assignment #6 for Step Six:

Write a "Declaration of Emotional Independence". It should state that no one in your life is responsible for your feelings but you. When you give this away and allow others to control your emotions, your character defects will be ignited like gasoline by an open fire. Without emotional independence, it is impossible to have emotional sobriety. For some simple techniques accomplishing this, call me so we can discuss in detail (or see You Can't Make Me Angry: Pages 112/113).

Assignment #7 for Step Six:

1. Commit to at least one AA service opportunity for a term of at least 6 months.

Character Defects and Short-Comings

"To Thine Own Self Be True"

"Our liquor is but a symptom of our disease. So we have to get down to causes and conditions."

We can only get a daily reprieve by the maintenance of a spiritual condition.

This list is meant to be a reminder of the problems that negative thinking and actions can cause to our lives, and , if uncontrolled, could destroy our chance to attain true joy, peace, and happiness.

Harmful Acts and Deeds:

- Adultery _____
- Sexual abuse _____
- Stealing _____
- Inflicting mental or physical pain
on others _____
- Gluttony _____
- Drinking to drunkenness _____
- Ingesting illegal drugs _____
- Laziness _____
- Driving recklessly _____
- Wasting time when being paid _____
- Covering up shoddy work _____
- Not fulfilling one's obligations _____
- Dishonoring one's parents _____
- Taking part in illegal activity _____
- Receiving stolen property
or goods _____

Negative Attitudes:

- Disrespect of proper authorities _____
- Jealousy _____
- Envy _____
- Coveting another's property _____
- Coveting another's spouse _____

Plan of Action:

1. Check off all your character defects and short-comings.
"Half measures avail us nothing."
2. Become willing to go to any length to overcome and control them.
3. Humbly ask God, as you understand Him, to give you the power to handle these situations that baffle you.
4. Continue to take personal inventory and when wrong, promptly admit it and use the AA suggested steps to correct and control them.

Vicious and Harmful Language:

- Profanity and Vulgarity _____
- Gossiping _____
- Bragging _____
- Lying _____
- Deceitful talk _____
- Unjust criticism _____
- Breaking trust by telling personal
things about others _____
- Inciting others to anger or to
sinful acts _____
- Ruining someone's good character
by speaking ill about them _____

Negative Thinking:

- How to be destructive _____
- Getting revenge _____
- Hateful _____
- Pride _____
- Self-degradation _____
- Racism (one race superior to another) _____
- Prejudice _____
- Ill-will toward another _____
- An unwillingness to be reconciled _____

Negative Thinking = Negative Action = Unhappiness and Despair