

## **Subject: Alcoholics Anonymous Step Seven**

This is what I've come up with for us to thoroughly work Step Seven. Please review and get to work! Thanks!

**Uncover:** Done in Step Four when we looked at who we were angry at, who we allowed to occupy space in our head.

**Discover:** Done in Step Five when we admitted the exact nature of our wrongs and let our sponsor discover who we are.

**Discard:** A beginning was made in Step Six when we became willing to have G-d remove our defects of character.

Now, as we embark upon Step Seven, we ask Him to remove (discard) our liabilities, to bring our will to a place where it is ready to merge with His. None of this would have been possible without first uncovering and discovering what they were. For so long we fooled ourselves and justified our selfish actions. We were digging in a sandbox looking for gold that wasn't there and covering up everything else. Then we find the bottom and shift to another area with the same result.

### **Step 7: "Humbly asked Him to remove our shortcomings"**

That's what Step Seven is about; realizing that you absolutely trust God to remove all of your symptoms by giving you new roots... If you're completely ready for this, it will change your outlook on life. To accomplish this, you need humility.

Remember: It is impossible for you defects to be removed if you keep practicing them! Step seven is where we grow into who we are supposed to become. The key word in the step is "humbly". This is where we begin to develop maturity.

### **The Spiritual Principle encompassing Step Six:**

- Humility (Acceptance of ourselves).

### **Assignment #1 for Step Seven:**

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

1. Humbly
2. Shortcomings
3. Humility

### **Assignment #2 for Step Seven:**

Look up the Seventh Step prayer in the Big Book on page 76, lines 8-14, which says:

***"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 Your bidding."***

1. Read this prayer silently to yourself. Then read it out loud to yourself.
2. Next, get down on your knees and say this prayer to G-d.
3. Finally, find another member in AA and publicly say this prayer together, as you both kneel (preferably your sponsor).
4. Add this prayer to your daily routine when you awaken and say it each day on your knees.

### **Assignment #3 for Step Seven:**

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

1. How do I define humility?
2. What is my understanding of Step Seven?

### **Assignment #4 for Step Seven:**

Read Step Seven in the (pgs 70-76) in the Twelve Steps and Twelve Traditions and talk about its meaning with someone.

### **Assignment #5 for Step Seven:**

1. Read the book "Drop the Rock: Removing Character Defects Steps Six and Seven", pages 57-103.
2. Use a highlighter to point out things you identify with.
3. Contact me when you have finished and discuss what you uncovered.

### **Assignment #5 for Step Seven:**

1. Take the list you compiled in assignment # 4 for Step Six and write down each character defect you are aware of on a slip of paper. Spend as much time as necessary talking to other alcoholics and meditating to try and identify them all.
2. Ask yourself if you are entirely ready to have G-d remove this defect.
3. Burn each slip of paper with your defect written on it individually and say the Seventh Step prayer as you watch it burn. Repeat until all slips of paper are destroyed.
4. Write down the feelings you felt and the thoughts that entered your mind on the list you made for Step Six as you watched it burn.
5. Share the thoughts and feelings you wrote down as each was burning with your sponsor, home group or any other member of AA. Continue sharing these thoughts until you feel as if this defect has been minimized or removed.

### **Assignment #7 for Step Seven:**

1. When you feel life getting overwhelming or stressful, repeat to yourself "My Usefulness" (a short reminder of the Seventh Step prayer), or say the entire prayer. Doing so will allow you to attain humility and begin to think of others.

# A Checklist for Evaluating our Maturity

The difficulties of coping with another person or a difficult situation are much more effectively met when we ourselves reflect attitudes of mature adults.

## A mature adult is one who:

- 1) Does not automatically resent criticism, realizing it may contain a suggestion for self-improvement.
- 2) Knows self-pity is futile and childish-- a way of placing the blame for disappointments on others.
- 3) Does not readily experience a loss of temper or, "fly off the handle" about trifles.
- 4) Keeps calm in emergencies and deals with them in a logical, reasonable fashion.
- 5) Accepts responsibility without blaming others when things go wrong.
- 6) Accepts reasonable delays without impatience, realizing that some adjustment for the convenience of others is necessary.
- 7) Is a good loser, accepting defeat and disappointment without complaint or ill temper.
- 8) Does not worry unduly about things that can't be changed.
- 9) Doesn't boast or "show off" when praised or complimented, accepts it with grace, appreciation and without false modesty.
- 10) Applauds others' achievements with sincere goodwill.
- 11) Rejoices in the good fortune and success of others, having outgrown petty jealousy and envy.
- 12) Listens courteously to the opinions of others even when they hold opposing views; does not enter into hostile argument.
- 13) Doesn't find fault with "every little thing" or criticize people who do things differently.
- 14) Makes reasonable plans and tries to carry them out in an orderly fashion; does not do things on the spur of the moment without due consideration.
- 15) Shows spiritual maturity by:
  - Accepting the existence of a Higher Power and recognizing the importance of this power in life.
  - Realizing each person is a part of mankind as a whole and has much to give: that each of us has an obligation to share with others the gifts that have been bestowed upon us.
  - Obeying the spirit of the Golden Rule: "Do unto others as you would have them do unto you."