



“STEPPING OUT”

AN OUTREACH PUBLICATION OF THE WESTERN MICHIGAN INTERGROUP—TWELFTH STEP WITHIN

TIME TO LOOK AT STEP SIX

Step Six: “Were entirely ready to have God remove all these defects of character”.

Step Six is a step of transformation. It is a very powerful step because this step actually changes us.

We must ask ourselves the following questions:

1. What are our character defects?
2. What are we looking to do in this step?
3. What are we becoming ready to ask God to do for us?
4. What are we willing to let go of?

Take a look at some of these character defects that are shared by many addicts of all types with the following advice:

- Relax when looking at these character defect lists.
- Trust that your Higher Power will use your willingness to give you what you need to deal with this as you need it.
- Keep it simple and do not over-think this process.
- Remember that you are not unique in your defects and keep your good qualities in mind while reviewing your character defects.
- Check off the character defects that you think you have and journal on them if you wish. Share this journaling with your sponsor or another recovering person so that you can share your concerns.

- | | | | |
|---|--------------------------------------|--|---|
| <input type="checkbox"/> abrasive | <input type="checkbox"/> hostile | <input type="checkbox"/> belligerent | <input type="checkbox"/> bad humored |
| <input type="checkbox"/> overly ambitious | <input type="checkbox"/> angry | <input type="checkbox"/> hateful | <input type="checkbox"/> aggressive |
| <input type="checkbox"/> argumentative | <input type="checkbox"/> anxious | <input type="checkbox"/> apathetic | <input type="checkbox"/> indifferent |
| <input type="checkbox"/> arrogant | <input type="checkbox"/> conceited | <input type="checkbox"/> closed minded | <input type="checkbox"/> controlling |
| <input type="checkbox"/> overly dependent | <input type="checkbox"/> pessimistic | <input type="checkbox"/> complainer | <input type="checkbox"/> dishonest |
| <input type="checkbox"/> fearful | <input type="checkbox"/> gluttonous | <input type="checkbox"/> greedy | <input type="checkbox"/> gossip |
| <input type="checkbox"/> lack of humility | <input type="checkbox"/> impatient | <input type="checkbox"/> intolerant | <input type="checkbox"/> judgmental |
| <input type="checkbox"/> critical | <input type="checkbox"/> jealous | <input type="checkbox"/> envious | <input type="checkbox"/> lazy |
| <input type="checkbox"/> procrastinator | <input type="checkbox"/> slothful | <input type="checkbox"/> perfectionist | <input type="checkbox"/> compulsiveness |

- | | | | |
|--|--------------------------------------|---|--|
| <input type="checkbox"/> workaholic | <input type="checkbox"/> prejudice | <input type="checkbox"/> pride | <input type="checkbox"/> overly guilty |
| <input type="checkbox"/> rationalizer | <input type="checkbox"/> minimizer | <input type="checkbox"/> justifier | <input type="checkbox"/> resentful |
| <input type="checkbox"/> rigid | <input type="checkbox"/> fear change | <input type="checkbox"/> sarcastic | <input type="checkbox"/> cruel |
| <input type="checkbox"/> mean spirited | <input type="checkbox"/> promiscuous | <input type="checkbox"/> use people for sex | <input type="checkbox"/> adulterer |
| <input type="checkbox"/> overly shy | <input type="checkbox"/> aloof | <input type="checkbox"/> self centered | <input type="checkbox"/> selfish |
| <input type="checkbox"/> self seeker | <input type="checkbox"/> self pity | <input type="checkbox"/> discouraged | <input type="checkbox"/> undependable |

Are you ready to let go of:

Your Grip on People	Controlling	Manipulating	Your Fear
Old Negative Feelings	Negative Beliefs	Worry	Blame of Others for our Pain
Fear of Being Controlled	Our Caretaking	Focus on Other Problems	Focus on Others Needs
Focus on Other Choices	The Belief that we are Responsible for Others	The Belief we are Incompetent	The belief that others are incompetent
Low Self Esteem	Self Neglect	Need to be Taken Care of by Others	Self Rejection
Self Hatred	Distrust of Self	Lack of Trust in God	Lack of Belief in the Process of Recovery
Trust Issues w/People	Your Addiction to Food	Guilt	Shame
Inability to Deal With Anger	Fear of Joy and Being Loved	Fear of Commitment	Closed Mind
Closed Heart	Fear of Intimacy	Fear of Closeness	Relationship Sabotaging Behaviors
Problems and Fears with our Sexuality			

Do not limit the use of this Step to defects. This step works on feeling and feelings aren't defects. If we get stuck in a particular feeling, especially fear, anger, resentment, grief or sadness, we can become willing to let go of that.

There is no behavior too large or too small to be worked on in this Step. When we take this Step, when we become entirely ready to have God remove our protective devices, we are on the way to becoming changed.

If there is any struggle to recovery,
 If there is a difficult, frustrating or grueling part,
 It can be when we become aware of the devices that once protected us,
 but have now become self-defeating.

We can start where we are and with who we are, and that is good enough for this program to work. We can ask for help getting ready to let go. The readiness will be worked out in us.