

Step 6 Worksheet with Questions

A Guided 6th Step Worksheet with Questions for AA, NA & Other 12 Step Programs

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

Step 6, as outlined by Alcoholics Anonymous and other 12-step programs, marks an important juncture in an individual's journey towards recovery. With the title "Were entirely ready to have God remove all these defects of character," this step beckons us to a state of readiness and acceptance, following a deep self-examination that began in earlier steps.

Understanding Step 6

After undergoing a fearless moral inventory, as prompted by Step 4, individuals confront and admit their flaws. This recognition isn't just for us but also extends to others and, most crucially, to a Higher Power. This emphasis on a Higher Power, regardless of its traditional or non-traditional form, signifies the program's foundational belief in the necessity of surrendering to a force greater than oneself. It's this submission that acts as a linchpin for breaking the bonds of addiction, bringing semblance and sanity to the chaotic whirlwind that life may have become.

Step 6 doesn't impose or demand; it encourages an internal state of readiness. Instead of asking the Higher Power to eradicate our imperfections, we position ourselves willingly, preparing to cast away self-destructive habits and attitudes. This transformation isn't immediate; it's a steady journey marked by patience, persistence, and the guiding hand of the Higher Power.

Interestingly, our relationship with our flaws is complicated. Often, these flaws masquerade as endearing quirks, deeply embedded in our self-identity. Yet, as we progress, the realization dawns that these very characteristics might be getting in the way of our path to recovery, acting against the wishes of our Higher Power. The challenge lies not just in identifying these barriers but in the genuine willingness to

relinquish them. Perfection isn't the goal here; it's about the persistent intent and earnest effort to become better.

Inner reflection plays a pivotal role. It's essential to approach this step with honesty, admitting when one isn't ready to part with certain flaws, without succumbing to procrastination or self-deception. The overarching theme of Step 6 is to underscore intentionality over perfection. By actively fostering a genuine desire to shed detrimental habits, we can now set the stage for genuine transformation, ensuring that the fruits of recovery are within reach.

Focus of Step 6: The journey through the previous steps has allowed us to cultivate a sense of humility, making us more open to introspection and self-awareness. Through the prior questions and reflections, we have not only identified our shortcomings but also recognized our strengths and virtues. These positive traits are what will support and guide us as we navigate the path to recovery.

As we approach Step 6, our preparedness is evident. We're poised to present ourselves to our Higher Power, sincerely hoping for guidance to overcome our flaws. However, our approach is one of respect and submission; we aren't making demands or setting conditions. Instead, we humbly seek assistance, understanding, and enlightenment. The questions provided are tools to further facilitate this deep introspective process, encouraging us to engage more meaningfully with our aspirations for positive change and growth.

How to Work Step 6

Venturing into Step 6 requires a holistic understanding of the journey we've undertaken in the previous steps, coupled with a deep desire for change. This step is encapsulated by the declaration: "Were entirely ready to have God remove all these defects of character." It's a journey from acceptance to readiness.

Start by revisiting the moral inventory you compiled in Step 4. Reflect on each flaw, recognizing which ones have caused the most harm to yourself and others. Remember, this is not about self-blame but about understanding and accepting these imperfections. The realization of these flaws is crucial in Step 6, as you prepare yourself for their removal.

While you have previously shared these shortcomings in Step 5, Step 6 requires a different kind of openness: a willingness for transformation. Approach this with a

mindset focused not on immediate removal but on becoming completely prepared for the eventual transformation. This internal readiness is key.

Understand that while you're aspiring for these defects to be removed by a Higher Power, it is not about making demands or trying to hasten the process. It's about being patient and trusting the timing of your Higher Power. The beauty of Step 6 lies in this trust and the personal growth it spurs.

One major obstacle many of us face is an attachment to certain flaws. These defects, which often camouflage as unique personality traits or "just the way I am," need special attention. Ask yourself why you cling to these defects. Dive deep into self-reflection, considering the possibility that letting go might be in your best interest.

Always remember, the essence of Step 6 is not about achieving flawlessness but about developing a sincere and continuous intent to improve. When confronted with a defect that seems too challenging to overcome, acknowledge your current limitations but remain hopeful. Commit to revisiting this flaw with a fresh perspective in the future.

Lastly, working Step 6 is a dance between self-awareness, acceptance, and wanting to experience change. While it requires confronting uncomfortable truths, it also promises a life less burdened by the weight of these defects. Embrace the process, trusting that with genuine intent and the support of your Higher Power, transformation is not just possible but inevitable.

Step 6 Worksheet Questions

Have you ever not been genuine in your conversations or prayers with your Higher Power? Do you feel your Higher Power understands and forgives?

When you're feeling down or stressed, how do you cope? Are these coping methods good for you?

What steps can you take to be a better version of yourself? Think about easy changes that could make a big difference.

Which bad habits do you find yourself repeating? Why do you think you keep going back to them even if you know they're not good?

Are there things you do that hurt you or others? What can you do to stop or change these actions?

Do you help out in your community? Think of more ways you could contribute. What are some things you can start doing every week?

Would you say you're an honest person? Have these steps made you more truthful?

Do you often find yourself wanting what others have? Have these steps taught you to be more thankful for what you have?

Do you own up to your actions? Has working on these steps made you more responsible?

Write down the top five defects of character about yourself that you believe need change. How have these affected you and the people around you?

For each flaw you listed, can you think of a way to reduce its impact on your life?

Are there certain flaws from your list that you're not ready to let go of? Why do you think that is?

How step 6 helps us recover: Step 6 serves as a pivotal point in our healing process. Engaging with this step and its accompanying questions provides us with a mirror, reflecting both our flaws and the ways in which we've unconsciously anchored them into our lives. It pushes us to acknowledge these imperfections, not just on a surface level, but by delving into the depths of how and why we've held onto them for so long.

Understanding our flaws is only half the battle. Recognizing them means confronting the pain, fear, or comfort associated with them. By identifying what we desire to eliminate from our lives, we are taking a crucial step towards self-improvement.

However, acknowledgment alone isn't enough for true recovery. The next, equally important step is actively seeking their removal. This might involve soliciting help from our Higher Power, seeking guidance from trusted individuals, or actively working on personal self-improvement strategies. The essence of Step 6 is about setting intentions for change and taking proactive measures to actualize this transformation, paving the way for a more balanced and fulfilling life.