

## Arizona Step Study

### Step Six

*Were entirely ready to have God remove all these defects of character.*

#### **Do these four assignments in Week One if you can:**

- Get a working list of your shortcomings. You should have a list of your character defects from your Fourth and Fifth Step work. If not, make that list. Start thinking about it and add anything that seems important.
- Define all the words in Step Six.
- Read all the literature you have on Step Six, including the COSA Step Six booklet.
- Answer questions in COSA's Step Six booklet.
- Identify the patterns of your character defects, and then write a paragraph on this.
- Write a paragraph on how your character defects affect other people.

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**Step Six:** Focusing on defects can be difficult. As with all the Steps, self-care is important.

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#### **Once you have a list of questions, continue with your Step Six work over the next couple of weeks:**

Consider the list. Is it overwhelming? Is it sparse? Think about focusing on ten or fifteen shortcomings that cause you the most pain. This is up to you, though. If you want to be more thorough - go for it. You might want to talk to your temporary sponsor or someone else with more experience with Step Six.

You'll want to take one shortcoming at a time. Identify how much pain it causes you, using numbers from one to ten. One is very little pain, ten means intense pain you experience often.

Write about how that shortcoming causes you pain. (Example: "Snooping gives me information I'm not yet ready to handle. When I snoop, I feel worse about myself. I realize it's wrong, and snooping contributes to the self-loathing I already feel.")

Then write about the “payback.” The payback is the benefit of indulging in a particular shortcoming. (Example: “When I snoop, I feel more powerful and less of a victim. I think it keeps me from being seen as stupid”)

Write about what your life might look like without that particular character defect. Make sure you look at the benefits and the drawbacks of living life without that defect. Finally, assign a percentage between zero percent and one hundred percent to indicate how ready you are to give up that particular shortcoming.

Take the list to your Higher Power. Ask for willingness to let go of any defect which you decided that you were not 100% ready to let go of.

Continue to practice the tools that you learned in Steps Two and Three which help you trust God. Review your blessing book, if you have one, or empty out your God Box and pay close attention to what your Higher Power has done for you.

Write about your relationship with your Higher Power and address any challenges you have to trusting your Higher Power to know what and when to remove.

Ask other COSAs about their experience of Steps Six and Seven, and ask them specifically how they got to be entirely ready.

Share your Step Six with a sponsor or trusted group, or the Step Study group.

If you wish, share part or all of Step Six with your home group. You can talk to your temporary sponsor about any reservations you may have, and work out the best route for you to take.

Write about your experience with Step Six.

### **Some tools to remember when working Step Six:**

Willingness is the key. You don't need to identify all your character defects - you just need to prepare yourself to be in a place where you believe your Higher Power knows better than you which characteristics are still useful to you and which are not.

Although Step Six says “*all* these defects of character” you may want to move on to Step Seven even though you have reservations about letting go of some of your character defects. Just keep praying.

If you are struggling with self-acceptance during this process, consider keeping a daily gratitude journal by listing three or more assets your Higher Power has blessed you with - or helped you develop.