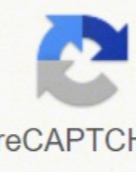


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**Open**

4th Step Inventory - FEARS Big Book Page 68

	How did I set the ball rolling?	Why do I have it?	Where has self-reliance failed me?
What is it			



## 6. STEP SIX

**"We were entirely ready to have God remove all these defects of character."**

*"Humble yourselves before the Lord, and He will lift you up." - James 4:10 (NIV)*

*"When Jesus saw him lying there and learned that he had been in this condition for a long time, He asked him, 'Do you want to get well?'" - John 5:6 (NIV)*

*"Step 6 is a step of preparation and reflection. I have been preparing for a significant change in my life and now I need to make sure that I am ready. I need to make sure in my own heart and mind that I am truly willing for God to remove these defects of character that have enabled my addictive behaviors. It might mean letting go of other things in my life in order to allow God to do the work that needs to be done. I need to determine if I am truly ready."*

- From 12Step.org

### 6.1 STEPWORK

#### Writing Exercise #1

Take out that list of defects that you worked on in Step 4. Make two more columns next to the "Defect" list and label them "Positive" and "Negative." Now, I want you to list out what each defect did for you and against you. How did it help you and how did it hurt you? Don't be surprised or discouraged if the negative list is more substantial than the positive one.

ACTIONS-What I did.	DEFECT-Why I did it.	ACTIONS-What I did.	ASSET-Why I did it.
I stole \$1,000.00 from my Grandmother.	Greed.	I gave my extra income to a family in need.	I am generous.
	Positive		

STEP 6

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1

#### STEP ONE

We admitted we were powerless over alcohol - (drugs, other people, places things) - that our lives had become unmanageable.

- Do I accept that I cannot change another person's drinking? Another person's behavior?
- How do I recognize that the alcoholic is an individual with habits, characteristics and ways of reacting to daily happenings that are different from mine over which I have no control?
- Do I accept that alcoholism is a disease? How does that change how I deal with a drinker?
- How have I tried to change others in my life? What were the consequences?
- What means have I used to get what I want and need? What might work better to get my needs met?
- How do I feel when the alcoholic refuses to be and do what I want? How do I respond?
- What would happen if I stopped trying to change the alcoholic or anyone else?
- How can I let go of others' problems instead of trying to solve them?
- Am I looking for a quick fix to my problems? Is there one?
- In what situations do I feel excessive responsibility for other people?
- In what situations do I feel shame or embarrassment for someone else's behavior?
- What brought me into AA-AAO? What did I hope to gain? How have my expectations changed?
- Who has expressed concern about my behavior? Give examples.
- How do I know when my life is unmanageable?
- How have I sought approval and affirmation from others?
- Do I say "yes" when I mean to say "no"? What happens to my ability to manage my life when I do this?
- Do I take care of others easily, but find it difficult to care for myself?
- How do I feel when life is going smoothly? Do I continually anticipate problems? Do I feel more alive in the midst of a crisis?
- How well do I take care of myself?
- How do I feel when I am alone?
- What is the difference between pity and love?
- Am I attracted to alcoholics and other people who seem to need me to fix them? How have I tried to fix them?
- Do I trust my own feelings? Do I know what they are?



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