

## Twelve Step Journals: Step #6

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

We’ve had these defects we’re about to let go of for a long time so there’s probably a measure of fear about changing-because change means the unknown and the unknown is part of why we drank or used. It’s important to keep a sense of hope and trust in the program and the process of recovery that has worked on even the most deeply rooted character defects.

Answer the following questions to help guide you through Step Six:

- *What are your fears about doing a sixth step? Explain.*
- *What does it mean to you that a “higher power” can remove them?*
- *What is your responsibility?*
- *Do you believe you can change? Have you changed so far?*
- *Are some of your character defects enjoyable because they give you pleasure? Explain.*
- *Are there any defects that you think cannot be removed? Are you willing to have all of them removed- if not why not? Explain.*
- *How does surrender help with Step 6?*
- *What actions can you take to show that you are entirely ready?*

**The following is not necessary, but you can do them for extra credit:** Here are two great Step Six activities that you can do alone or with your sponsor:

- *Make a list (which you’re already so good at!) of each character defect of yours, including a very brief definition of it. Then list the ways that you act out behaviorally on the defect and the effect it has on yourself and others when you do. Lastly, write about what your life would be like without the behavior and what principle you may be able to apply instead.*
- *Create Affirmations: Take each major character defect and write three to five positive statements about living differently. Repeat these affirmations aloud in the morning and evening (word them in the present tense, as if you’ve already conquered the defect.) For*

<https://jasonwahler.com/breaking-down-step-six-of-aa-alcoholics-anonymous/>

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*example if “lying” is the defect you could write: I am now telling the truth in all matters.*