

## 12 Step Journals: Step #7

### Step 7: “Humbly asked Him to remove our shortcomings.”

Part of getting right-sized in Step Seven means making changes with the activity of our minds in addition to accepting and expressing our emotions. We learn to gradually bring the different parts of ourselves into a healthy balance as we practice new living skills. For some people a daily dose of prayer, meditation, and affirmations is very useful.

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

- *How has my understanding of my higher power grown?*
- *How have the previous six steps prepared me for step seven?*
- *How does being aware of my own humility help when working the seventh step?*
- *How do I plan to ask a God of my understanding or higher power to remove my shortcomings?*
- *How does the spiritual principle of “surrender” work for me in step seven?*
- *How comfortable am I with prayer and meditation- even if it means making up my own?*
- *How has my sense of perspective or “reality’ been out of proportion lately?*
- *Explain a time when I have been able to stop from acting on a character defect and practice a spiritual principle instead?*
- *Name a shortcoming that has been removed from my life or at least diminished in its power over me?*

You can also use affirmations. Here are some suggestions:

- *I accept all of me, the “good” and “bad.”*
- *Today I will develop an asset and release one shortcoming.*
- *I will remember that I have choices and freedom today.*

The “Seventh Step Prayer” is a great way to right-size your day:

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### **Step 7: “Humbly asked Him to remove our shortcomings.”**

*“My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding.”*