

# step 6 aa character defects worksheet

step 6 aa character defects worksheet is a critical tool in the Alcoholics Anonymous (AA) program, designed to help individuals identify and confront personal shortcomings that hinder their recovery. This worksheet focuses on Step 6 of the AA twelve-step process, which involves becoming entirely ready to have these character defects removed. Understanding and working through this worksheet allows members to gain deeper self-awareness, promote personal growth, and facilitate lasting change. The step 6 aa character defects worksheet helps users list specific flaws, analyze their impact, and prepare mentally for transformation. This article will explore the purpose of the worksheet, how to effectively use it, common character defects encountered, and tips for maximizing its benefits in the recovery journey. By delving into each aspect, readers will gain a comprehensive understanding of the integral role the step 6 aa character defects worksheet plays in fostering sobriety and emotional healing.

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## Purpose and Importance of Step 6 in AA

Step 6 in the Alcoholics Anonymous program states: "Were entirely ready to have God remove all these defects of character." This step is foundational because it marks the shift from acknowledgment to readiness for transformation. The process involves recognizing personal shortcomings that contribute to addictive behaviors and preparing mentally and spiritually to let them go. The step 6 aa character defects worksheet serves as a practical guide to facilitate this crucial step by clearly identifying those defects. By doing so, individuals cultivate honesty and humility, essential traits for recovery. This step sets the stage for the subsequent steps, where members seek help in removing these flaws and making amends. Understanding the purpose of Step 6 underscores why the worksheet is a vital tool for anyone committed to sobriety.

## **Understanding the Step 6 AA Character Defects Worksheet**

The step 6 aa character defects worksheet is designed to help members systematically identify their personal character defects—traits or behaviors that negatively affect their lives and recovery. The worksheet typically includes sections prompting individuals to list defects, reflect on their origins, and consider how these traits manifest in daily life. This structured approach encourages deep self-reflection and accountability. The worksheet also helps users differentiate between symptoms of addiction and underlying character flaws, which often require separate attention. By filling out the worksheet, members develop clarity about the areas needing change, which enhances readiness to surrender these defects in Step 6. The worksheet acts as both a mirror and a roadmap, providing a clear path toward personal growth and spiritual development within the AA framework.

## **Common Character Defects in the AA Program**

Identifying common character defects is an important aspect of completing the step 6 aa character defects worksheet. While defects vary by individual, some frequently encountered flaws in the AA community include:

- **Resentment:** Holding grudges or bitterness toward others, which can fuel negative emotions and relapse.
- **Pride:** An inflated sense of self that prevents humility and openness to change.
- **Dishonesty:** Lying or withholding truth, which undermines trust and personal integrity.
- **Fear:** Allowing anxiety or worry to control decisions and behavior.
- **Selfishness:** Prioritizing personal desires over the well-being of others.
- **Envy:** Jealousy of others' success or possessions, which fosters dissatisfaction.
- **Impulsiveness:** Acting without forethought, often leading to harmful consequences.

Recognizing these defects on the worksheet enables members to confront difficult truths and prepare for meaningful change. The process fosters greater self-awareness and encourages commitment to the recovery path.

## How to Use the Step 6 AA Character Defects Worksheet Effectively

Using the step 6 aa character defects worksheet effectively requires a thoughtful and disciplined approach. The following guidelines help maximize the worksheet's benefits:

1. **Set Aside Quiet Time:** Choose a distraction-free environment to reflect honestly on personal traits

and behaviors.

2. **Be Thorough and Specific:** Avoid vague statements; detail particular defects and examples of how they affect life and recovery.
3. **Seek Support:** Discuss insights with a sponsor or trusted AA member to gain perspective and encouragement.
4. **Maintain Openness:** Approach the worksheet with humility and a willingness to face uncomfortable realities.
5. **Review Regularly:** Revisit the worksheet periodically to monitor progress and adjust readiness for change.

Completing the worksheet with sincerity and dedication strengthens commitment to Step 6 and lays a solid foundation for the next stages of recovery. It transforms abstract ideas about character defects into concrete, actionable knowledge.

## Benefits of Completing the Step 6 Worksheet

Engaging with the step 6 aa character defects worksheet yields numerous benefits that support long-term sobriety and personal development. These benefits include:

- **Increased Self-Awareness:** Greater insight into problematic behaviors and thought patterns.
- **Enhanced Readiness:** Mental and emotional preparation to release harmful defects of character.

- **Improved Accountability:** Clear documentation of flaws encourages responsibility and honest self-examination.
- **Stronger Spiritual Connection:** Facilitates openness to higher power guidance in the recovery process.
- **Foundation for Change:** Provides a roadmap for subsequent steps focused on defect removal and amends.

Ultimately, the step 6 aa character defects worksheet serves as a transformative tool that empowers individuals to embrace change, overcome obstacles, and cultivate a healthier, sober lifestyle.

## Frequently Asked Questions

### **What is the purpose of the Step 6 AA Character Defects Worksheet?**

The Step 6 AA Character Defects Worksheet helps individuals identify and acknowledge their personal character defects, which is essential for personal growth and recovery in Alcoholics Anonymous.

### **How does the Step 6 worksheet aid in the AA recovery process?**

It encourages self-reflection and honesty, allowing individuals to recognize their shortcomings and prepare for change, which is a crucial part of the 12-step recovery journey.

### **What types of character defects are commonly listed on the Step 6 worksheet?**

Common character defects include selfishness, dishonesty, resentment, fear, pride, impatience, and jealousy, among others.

## **Is the Step 6 worksheet used alone or with a sponsor?**

While individuals can work on the worksheet independently, it is often done with the guidance of a sponsor to provide support and insight during the process.

## **How detailed should responses be on the Step 6 character defects worksheet?**

Responses should be as honest and detailed as possible to facilitate genuine self-awareness, which is necessary for effective change.

## **Can the Step 6 worksheet be revisited multiple times?**

Yes, revisiting the worksheet can help track progress and uncover new insights as individuals continue their recovery journey.

## **Are there digital versions available for the Step 6 AA Character Defects Worksheet?**

Yes, many AA groups and recovery websites offer downloadable or interactive digital versions of the Step 6 worksheet.

## **How does completing the Step 6 worksheet prepare someone for Step 7?**

By admitting and accepting their character defects in Step 6, individuals become ready to ask a higher power to remove these shortcomings in Step 7.

## **Can the Step 6 worksheet be adapted for other 12-step programs?**

Absolutely, the principles of identifying and working on character defects are applicable across various 12-step programs, and the worksheet can be customized accordingly.

## Additional Resources

### 1. *“The Big Book” (Alcoholics Anonymous)*

This foundational text of Alcoholics Anonymous introduces the 12-step program and provides personal stories of recovery. It offers insight into recognizing character defects and the process of self-inventory. The book serves as a primary resource for individuals working through Step 6, helping them become ready to have these defects removed.

### 2. *“Twelve Steps and Twelve Traditions” by Bill W.*

Written by one of the co-founders of AA, this book provides an in-depth explanation of each of the 12 steps and 12 traditions. The chapter on Step 6 guides readers through understanding their shortcomings and preparing themselves for change. It’s a valuable companion for anyone working on character defects in recovery.

### 3. *“Letting Go: The Pathway of Surrender” by David R. Hawkins*

This book explores the concept of surrendering negative emotions and character flaws. It offers practical techniques to release attachments to defects such as fear, anger, and pride. Though not AA-specific, it complements the Step 6 process by aiding in emotional and spiritual readiness.

### 4. *“The Language of Letting Go” by Melody Beattie*

A daily meditation book that helps readers confront personal weaknesses and develop healthier attitudes. It encourages self-reflection and acceptance, key components in identifying and addressing character defects. The book’s affirmations support those working through the Step 6 worksheet.

### 5. *“A New Pair of Glasses” by Bill P.*

This book provides guidance on changing perspectives and seeing oneself more honestly. It assists readers in uncovering hidden character defects and fosters willingness to let go of them. It’s especially helpful for Step 6 as it encourages readiness for transformation.

### 6. *“Drop the Rock: Removing Character Defects - Steps Six and Seven” by Bill P. and Todd W.*

Focused specifically on Steps 6 and 7, this book offers practical advice and exercises to help individuals identify and release their shortcomings. It blends humor and experience to make the

process approachable and effective. It's an excellent resource for those struggling with Step 6.

#### 7. *"The Power of Now" by Eckhart Tolle*

While not AA-specific, this book teaches mindfulness and present-moment awareness, which can help individuals observe their defects without judgment. Cultivating this awareness is crucial for recognizing character flaws and becoming ready to change. It supports the spiritual growth necessary in Step 6.

#### 8. *"Facing Codependence" by Pia Mellody*

This book addresses the patterns of codependent behavior that often accompany addiction. It helps readers understand underlying character defects such as denial, low self-esteem, and boundary issues. Working through these insights can deepen the Step 6 readiness process.

#### 9. *"The Spirituality of Imperfection" by Ernest Kurtz and Katherine Ketcham*

This book explores the acceptance of human flaws as a spiritual journey. It encourages embracing imperfection rather than resisting it, which aligns with the humility required in Step 6. The authors draw from AA traditions and other spiritual teachings to support recovery work.

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