

Step Six

Sixth Step Prayer

Dear God,

I am ready for Your help. In removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself & guide me toward spiritual & mental health. Amen.

We Do Together:

- Continue reading "Into Action."
- Discuss defects/assets as determined in 4th/5th step - begin praying and meditating for willingness to have these defects removed.
- This is a good waiting period to become aware of when, how, why, and what defects crop up. *Half the battle is identifying them* - use this period to become more aware of them.

Daily Work:

- Prayer (and/or meditation, spiritual study, etc.) at least twice a day.
- Continue sending gratitude lists.
- Read the *Twenty-Four Hours a Day* book (in the morning, if possible).
- Continue reading from a spiritual book *in addition* whatever your religion, or you, decree as a Holy or spiritual text.
- Resume referring to the Step Three *pre-exercise*, if helpful.

Step Six Work:

- Read the *Twelve Steps and Twelve Traditions* chapter on Step Six to review together.
- Read the Sixth/Seventh Step chapter in *The Steps We Took*.
- Make a two-column list of defects and their corresponding assets (or "antonyms of your defects", the *positive* and *opposite* traits of your defects).
- Read the **Preface, Introduction, and the Sixth Step** chapter of *Drop the Rock*.

YOU CAN DO IT ☺

Recovery Resources for Women: www.xyZrecovery.com