

## Step 6 Questions and Suggested Actions

*(January 2018, VSB Website Resources Sub-Committee: The readings are from the AA 'Big Book', 3<sup>rd</sup> Edition and/or the 'Twelve Steps and Twelve Traditions'. "D & R" mean discuss and reflect. Quotes from AA material have been updated to reflect alcohol, as written. OA only has permission to change the wording to "compulsive overeater" in OA Steps and OA Traditions. In one's private reading and writing, one can substitute the words "food" and "compulsive overeater" for "alcohol" and "alcoholism.")*

### Suggestion 1

- Read the following: page 75 from the Big Book, last paragraph, to page 76, second paragraph; Big Book, the first page of "Freedom from Bondage" (p. 544, 3<sup>rd</sup> & 4<sup>th</sup> Edition); Step 6 in both the AA & OA 12&12.
- Write about how you relate to the readings.
- Willingness is the key to Step 6. After you read, discuss and reflect on these questions:
  - Are you willing to have your defects removed?
  - Or, if you're not willing, are you willing to become willing?

### Suggestion 2: Answer these questions after reading Step 6 in the OA 12 & 12:

1. What is the difference between saying I'm entirely ready and being entirely ready?
2. Why is it so hard to be entirely ready to part with my defects?
3. Am I fearful? Do I feel I would be less interesting as a human being without some of my defects?
4. What are the choice defects that I would rather keep?
5. What does being entirely ready mean to me?
6. What do each of my defects do **for** me?
7. What do each of my defects do **to** me?
8. How has each of these old tools for coping with my life outlived its usefulness?
9. What harm is it doing me to cling to each of these ways of thinking and acting?

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10. What do I believe is the essence of the sixth step?

11. What is my attitude regarding change?

### Suggestion 3: Charting your character defects

Create a 5-column chart. Use the following headings then fill in the chart.

Column 1: Name character defect

Column 2: What does this defect do **for** you? How is it helping you?

Column 3: How is it now hurting you? Do you believe it has now out served its usefulness? Are you ready to let it go?"

Column 4: What would you/your life look like without this defect?

Column 5: What is the contrary action of this defect? (Example, if the character defect is controlling your children, a contrary action may be to foster their independence. Be as specific as possible.)

### Suggestion 4: Daily Actions

1. Abstain from compulsive overeating.
2. For the next 14 days "Humbly ask God to remove these defects of character".
3. Practice the contrary action (see suggestion 3, above) until God removes your defects - act "as if" while waiting!
4. Create a daily **specific** Gratitude List with at least 10 items.