

6th STEP WORKSHEET

Were entirely ready to have God remove all these defects of character.

(Alcoholics Anonymous, Alcoholics Anonymous World Services, Inc.)

1. Make a list of your character deficiencies (character defects, shortcomings) from the 5th Step and mark down whether you are entirely ready to have them removed, or you are not ready to have them removed.

Character Deficiency (Character Defect, Shortcoming)	Ready? Yes/No

Attach page if necessary.

2. Write a prayer asking for (or thanking) God (Higher Power) the readiness to remove your character deficiencies (character defects, shortcomings).

- Write the list of character deficiencies that you marked as 'not being ready to have removed' in #1, then write down the reasons why you choose to hold on to these character deficiencies (character defects, shortcomings).

Character Deficiency	Reasons for Holding On

Attach page if necessary.

- Write a prayer asking for (or thanking) God (Higher Power) the courage, wisdom and opportunity to let go of your character deficiencies (character defects, shortcomings).