

## Steps Six and Seven (Joe)

The greatest resentments we have show the greatest assets in ourselves we are holding on to. Until we let go of these assets (i.e. our attachment to them), we will never let go of the resentment.

When old habits come up, we are faced with a decision in Step Seven: go down the old path of selfishness, self-seeking, dishonesty, and resentment or go down the new path of trusting in God and laughing it off—seeing where others may be right.

As with Jim's story ("That didn't seem to bother me so I tried another,") we will only seek God's help when the defect really starts to bother us.

12x12 (p. 72–73): "We had lacked the perspective to see that character-building and spiritual values had to come first . . . But whenever we had to choose between character and comfort, the character-building was lost in the dust of our chase after what we thought was happiness."

How these defects really start to bother us is when we see that the harm we do to others is harm we do to ourselves because we are them and they are us. Once that realisation penetrates, there is no way we CAN break 'the commandments' as we cannot harm ourselves.

Our obedience is to the unenforceable: it is our knowledge of the wages of resentment etc. that ultimately prompts enforcement. There is no external agent.

The laws of the universe that dictate that whatever harm we do to others we do to ourselves are impersonal. Gravity affects everyone the same way. It also needs no police.

There is no "other": they are me and I am them. The way I see them is the way they will see me.

## Steps Six and Seven (Lauren)

Steps Four and Five are about uncovering what is 'objectionable'.

What we have found is not yet a defect: everything is going to come round again, and we will be given the opportunity to repeat everything we have got wrong. If we do it again, it THEN becomes a defect.

In Steps Six and Seven, God does the heavy lifting.

In the moment of temptation, ask God: "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." Keyword: NOW. Ask to be shown another way IN THE MOMENT. You only have to be willing NOW, i.e. not in advance! The short form: "show me a different way/show me a new way."

An exercise:

With each thinking/behaviour pattern:

- (1) How has this protected me? (i.e. what am I after?/What am I trying to avoid?)
- (2) If I continue to do this, how will it affect my life?
- (3) How would my life be different if I let go of this?

ALL I have to do is be aware and take it to God: offer every defect up to God.