

(Used in conjunction with the book at: www.12StepsUnlocked.com or for personal exploration)

STEP 6 WORKSHEET, "WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER."

Do you really want to be able to manage your character defects or do you want to continue to be managed by them?

MAKE A LIST OF CHARACTER DEFECTS THAT YOU ARE EXHIBITING IN YOUR LIFE TODAY. TAKE YOUR TIME THIS IS AN ONGOING LIST

1 _____

2 _____

3 _____

ADDRESS THE MOST SIGNIFICANT CHARACTER DEFECT WITH THE FOLLOWING QUESTIONS AND PROCESS EACH THROUGH STEP 6 AND STEP 7 BEFORE MOVING ONTO THE NEXT DEFECT.

IDENTIFY A CHARACTER DEFECT THAT YOU ARE EXHIBITING IN YOUR LIFE TODAY.

WHAT WAS THE LAST CIRCUMSTANCE THAT YOU ACTED OUT IN THAT CHARACTER DEFECT?

HAS ANYONE SHARED CONCERNS ABOUT THAT BEHAVIOR IN THE PAST? (FAMILY, FRIENDS, ETC.)

LOOKING AT THE PATTERN WHERE YOU ACT OUT IN THE BEHAVIOR, IS THERE ANY SITUATIONS, STRESS OR TRIGGERS THAT CAUSE THIS?

E. HOW LONG HAS THIS TRAIT BEEN A PART OF YOUR LIFE?

F. WHAT DOES DOING THE BEHAVIOR GIVE YOU?

G. WHAT IMPACT DOES THIS BEHAVIOR HAVE ON YOU NEGATIVELY?

H. WHAT IMPACT DOES THIS BEHAVIOR HAVE ON OTHERS AROUND YOU?

I. DOES THIS CHARACTER DEFECT AFFECT YOUR VALUES AND IN WHAT WAY? HOW DOES THIS MAKE YOU FEEL?

IDENTIFY A CHARACTER DEFECT THAT YOU ARE EXHIBITING IN YOUR LIFE TODAY.

WHAT WAS THE LAST CIRCUMSTANCE THAT YOU ACTED OUT IN THAT CHARACTER DEFECT?

HAS ANYONE SHARED CONCERNS ABOUT THAT BEHAVIOR IN THE PAST? (FAMILY, FRIENDS, ETC.)

LOOKING AT THE PATTERN WHERE YOU ACT OUT IN THE BEHAVIOR, IS THERE ANY SITUATIONS, STRESS OR TRIGGERS THAT CAUSE THIS?

E. HOW LONG HAS THIS TRAIT BEEN A PART OF YOUR LIFE?

F. WHAT DOES DOING THE BEHAVIOR GIVE YOU?

G. WHAT IMPACT DOES THIS BEHAVIOR HAVE ON YOU NEGATIVELY?

H. WHAT IMPACT DOES THIS BEHAVIOR HAVE ON OTHERS AROUND YOU?

I. DOES THIS CHARACTER DEFECT AFFECT YOUR VALUES AND IN WHAT WAY? HOW DOES THIS MAKE YOU FEEL?
