

SAMPLE OF HOW IT'S DONE

Contents: 6th STEP WORK - 31 days of it.

Do: At night before bed

Time: Takes approx. 2 minutes

Goal: Review your day and pick one of your defects that created problems for you or others today.

Note: Do not pick a defect that you have already written about on a previous day.

Sample: Review the sample below and follow guidelines to the best of your ability.

(Read aloud): Step 6...Were ***entirely*** ready to have God remove ALL these defects of character."

From your 4th step or experience, list one of your defects of character below:

CONTROLLING

Can this character trait ever be beneficial in your life? If so, list when and how.

I NEED TO BE IN CONTROL WHEN WORKING, DRIVING, TAKING CARE OF THE KIDS, ETC.

When does this character trait adversely affect you or others?

WHEN I AM CONTROLLING IN ORDER TO CHANGE A PERSON, PLACE OR THING. (Wife: Do it my way or I won't make your car payments and you won't have a car - controlling her ability to drive)

WHEN I AM CONTROLLING BECAUSE I WANT SOMETHING TO GO MY WAY (Partner: I don't care what girl you want on the cover of the magazine, I'm putting the one I want - controlling the business)

WHEN I WANT SOMETHING FOR MYSELF (Wife: I'm buying this no matter what you say, It's my money - controlling the money)

WHEN I AM CONTROLLING TO FEEL LIKE I'M THE WINNER IN A SITUATION. (anyone: here's the way we're going to do this...-controlling your ability to share in decisions)

WHEN I AM CONTROLLING JUST SO I CAN PROVE I AM RIGHT. (anyone: I know you think you know but let me prove to you why you are wrong...-controlling the conversation)

WHEN I AM CONTROLLING OUT OF FEAR OR ANGER OR SHAME OR DISHONEST. (after passing the right fwy. off-ramp: I know exactly where i am going, let me drive & be quiet... -controlling how we get to where we're going)

Do you ever see this character trait in others?

YES

How does it make you feel?

REBELLIOUS, PUT DOWN, HUMILIATED, ANGRY, CONTROLLED, FRUSTRATED, HURT

How will your life and those around you benefit when you let this go?

MY DOMINATION OF OTHERS WILL END (FREEDOM), AND I WILL STOP HURTING THOSE I LOVE.

NIGHT

SAMPLE OF HOW IT'S DONE

Contents: 7th STEP WORK - 31 days of it.

Do: In the morning - directly when you awaken.

Time: Takes approx. 2 minutes

Goal: Review your defects from last night and ask your higher power to remove it today.

Note: Best if done on your knees ("humbly"), but not necessary if it creates a problem for you.

Sample: Review the sample below and follow guidelines to the best of your ability.

(Read aloud): Step 7...*Humbly asked Him to remove our shortcomings.*"

Directions: First fill in the blanks on last nights defect, then read everything below aloud.

God, I offer myself to Thee

To build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties,

especially my ***need to control people, places & things.***

that victory over them may bear witness to those I would help of

Thy Power, Thy Love and Thy Way of life, May I do Thy will always!

I'm tired of being ***CONTROLLING*** - I now let it go.

My Creator, I am now willing that you should have all of me, good and bad.

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,

especially my ***need to control people, places & things.***

Grant me strength, as I go out from here to do your bidding.

The next time I feel myself ***controlling people, places or things,***

I'll remember that this is one of my character defects that no longer serves

me, and I'll continue to try & let it go.

And so the results come, sometimes quickly, often slowly. And as we see our character defects fall away or become transformed into assets for us and for other people, we know more and more of what recovery truly is.

DAY

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Sample: Review the sample below and follow guidelines to the best of your ability.

(Read aloud): Step 6...Were **entirely** ready to have God remove ALL these defects of character."

From your 4th step or experience, list one of your defects of character below:

(1) _____

Can this character trait ever be beneficial in your life? If so, list when and how.

When does this character trait adversely affect you or others?

Do you ever see this character trait in others?

How does it make you feel?

How will your life and those around you benefit when you let this go?

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especially my (1) _____

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Thy Power, Thy Love and Thy Way of life, May I do Thy will always!

I'm tired of being (1) _____ - I now let it go.

My Creator, I am now willing that you should have all of me, good and bad.

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,

especially i(1) _____

Grant me strength, as I go out from here to do your bidding.

The next time I feel myself (1) _____

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