



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 <u>ready</u> to have them removed, or you are <u>not ready</u> 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 <u>readiness</u> to remove your character deficiencies (character defects, shortcomings).





3. 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.

4. 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).