

7th STEP WORKSHEET

Humbly asked God to remove our shortcomings.

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

1. Make a list of your character deficiencies (character defects, shortcomings) that you are 'ready to have removed' from the 6th Step.

Character Deficiency (Character Defect, Shortcoming)

Attach page if necessary.

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

3. Do you agree or disagree with the following statements?

Statement	Yes / No
Character deficiencies (character defects, shortcomings) are behaviors that can be changed with spiritual guidance, thought and effort.	
My Higher Power (God) will help me to realize my character deficiencies if I remain open to listening.	
My Higher Power (God) will afford me the courage, wisdom and opportunities to change my character deficiencies behaviors into my preferred behaviors.	

4. Write the list of how you behave when practicing your character deficiencies, and then write down how you wish to behave instead.

Character Deficiency Behavior	Preferred Behavior

Attach page if necessary.