

# **Aa Step 6 And 7 Worksheets**

## **Unlocking Serenity: A Deep Dive into AA Step 6 and 7 Worksheets**

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Abstract: This article provides a comprehensive examination of the crucial role of AA Step 6 and 7 worksheets in the recovery journey. We will explore the challenges and opportunities presented by these exercises, offering practical strategies for effective utilization. The article will delve into the psychological and spiritual aspects of these steps, highlighting their contribution to lasting sobriety.

### **Introduction: Navigating the Turning Point with AA Step 6 and 7 Worksheets**

Alcoholics Anonymous (AA) is a widely recognized 12-step program that has helped millions achieve sobriety. Steps 6 and 7, "Were entirely ready to have God remove all these defects of character," and "Humbly asked Him to remove our shortcomings," respectively, represent a critical turning point in the recovery process. These steps often utilize worksheets to facilitate self-reflection and a deeper understanding of oneself. This article will examine the importance of AA Step 6 and 7 worksheets, exploring their practical application, challenges, and ultimate benefits in achieving lasting sobriety.

### **Understanding the Power of AA Step 6 and 7 Worksheets**

AA Step 6 and 7 worksheets aren't just exercises; they are tools for profound personal growth. They guide individuals on a journey of self-discovery, helping them identify character defects hindering their recovery and paving the way for spiritual growth. The process of completing these worksheets requires honesty, introspection, and a willingness to confront uncomfortable truths. This self-examination forms the bedrock for making amends (Step 8) and cultivating a more fulfilling life free from the grip of addiction.

Step 6: Identifying Character Defects: This step focuses on identifying character flaws that contribute to addictive behaviors. AA Step 6 worksheets often involve detailed lists, prompting individuals to delve into their past actions and motivations. The goal isn't self-condemnation but rather a clear understanding of the patterns that led to addiction. Effective worksheets help

individuals move beyond simple surface-level observations to uncover deeper root causes. The challenge lies in the honesty and vulnerability required. Many find it difficult to confront their shortcomings. However, this is where the opportunity for significant growth lies.

**Step 7: Seeking Higher Power for Transformation:** Step 7 builds upon the groundwork laid in Step 6. Once character defects are identified, Step 7 focuses on surrendering them to a Higher Power. This doesn't necessarily require religious belief; the "Higher Power" can be interpreted as a guiding force, a spiritual principle, or even a supportive community. AA Step 7 worksheets guide individuals through this surrender process, helping them explore their understanding of a Higher Power and articulate their desire for positive change. The challenge lies in surrendering control, a difficult task for many struggling with addiction. However, this surrender often opens the door to spiritual growth and a sense of peace that underpins lasting recovery.

## **Challenges in Utilizing AA Step 6 and 7 Worksheets**

While AA Step 6 and 7 worksheets offer significant benefits, several challenges can hinder their effective use:

**Resistance to Self-Reflection:** Many individuals find it difficult to confront their flaws honestly. This resistance can manifest as avoidance, denial, or rationalization.

**Emotional Pain:** The process of self-examination can be emotionally painful, triggering feelings of guilt, shame, or regret. This can lead individuals to abandon the worksheets before completing them.

**Lack of Guidance:** Using AA Step 6 and 7 worksheets without proper support can be overwhelming. A sponsor or therapist can provide guidance and support throughout the process.

**Fear of Judgment:** Some individuals fear judgment from themselves or others, hindering their willingness to fully engage with the worksheet exercises.

**Perfectionism:** Striving for perfection can prevent individuals from completing the worksheets honestly, as they may become discouraged by their perceived shortcomings.

## **Opportunities Provided by AA Step 6 and 7 Worksheets**

Despite the challenges, AA Step 6 and 7 worksheets present many opportunities for growth and recovery:

**Increased Self-Awareness:** The worksheets promote deep self-reflection, leading to a greater understanding of oneself and one's behaviors.

**Emotional Processing:** The process allows for the safe processing of difficult emotions, promoting emotional healing and growth.

**Development of Humility:** Surrendering to a Higher Power fosters humility, a crucial element in sustained recovery.

**Improved Relationships:** Addressing character defects and making amends improves relationships with others.

**Spiritual Growth:** The steps foster spiritual growth, regardless of religious beliefs.

## Strategies for Effective Use of AA Step 6 and 7 Worksheets

To maximize the benefits of AA Step 6 and 7 worksheets, several strategies can be employed:

**Find a Supportive Sponsor or Therapist:** A sponsor or therapist can provide guidance, support, and accountability.

**Create a Safe and Comfortable Space:** Choose a quiet and private setting where you can focus on self-reflection without distractions.

**Be Honest and Patient:** Be honest with yourself, even if it is painful. The process takes time and patience.

**Break Down the Process:** Don't try to complete the worksheets in one sitting. Break the process into smaller, manageable steps.

**Focus on Progress, Not Perfection:** Don't get discouraged by setbacks. Focus on making progress, not achieving perfection.

## Conclusion

AA Step 6 and 7 worksheets are invaluable tools in the journey to recovery from addiction. While challenges exist, the opportunities for self-discovery, emotional healing, and spiritual growth are significant. By utilizing these worksheets effectively, individuals can unlock serenity and build a foundation for lasting sobriety. The support of a sponsor, therapist, or supportive community is crucial for navigating this critical phase of the recovery process. Remember, the journey is not about perfection, but about progress. Embrace the process, be honest with yourself, and allow the worksheets to guide you toward a brighter future.

## FAQs

1. Are AA Step 6 and 7 worksheets mandatory? No, they are not mandatory, but they are highly recommended as they facilitate deep self-reflection.
2. Can I use these worksheets without attending AA meetings? Yes, but the support of a sponsor or therapist is highly beneficial.
3. What if I don't believe in a Higher Power? The concept of a Higher Power is open to interpretation; it can be anything that provides guidance and support.
4. How long does it take to complete these steps? The time varies for each individual, depending on their needs and pace.
5. What if I struggle to identify my character defects? A sponsor or therapist can help guide you through this process.

6. What if I'm afraid of making amends? Start with small steps and seek support from your sponsor or therapist.
7. Are there different types of AA Step 6 and 7 worksheets? Yes, different resources and groups may offer variations on these worksheets.
8. Can I find these worksheets online? Yes, many websites and recovery resources offer printable versions.
9. Is it okay to seek professional help while working on these steps? Absolutely! Professional help can be incredibly valuable during this process.

## **Related Articles:**

1. "Understanding the Significance of Step 6 in AA": This article delves into the theological and psychological significance of Step 6, explaining its importance within the 12-step program.
2. "Practical Strategies for Completing AA Step 7": This article provides practical guidance and techniques for successfully completing Step 7, emphasizing the importance of surrender.
3. "The Role of Sponsorship in Navigating Steps 6 and 7": This article highlights the crucial role of sponsorship in providing support and guidance during this phase of recovery.
4. "Overcoming Resistance in Step 6 and 7 of AA": This piece addresses common obstacles faced while working through these steps and offers strategies to overcome them.
5. "Integrating Step 7 into Daily Life": This article explores how to incorporate the principles of Step 7 into daily routines to maintain sobriety.
6. "The Connection Between Step 6 and Step 8 in AA": This article explores the relationship between these two steps, highlighting the importance of self-examination before making amends.
7. "Step 6 and 7 Worksheets: A Comparative Analysis": This article compares various versions of Step 6 and 7 worksheets, highlighting their strengths and weaknesses.
8. "Addressing Shame and Guilt in AA Steps 6 and 7": This article focuses on coping with negative emotions experienced during self-reflection in these steps.
9. "Finding Your Higher Power in AA Step 7": This article offers diverse perspectives on interpreting the "Higher Power" concept, catering to various belief systems.

**aa step 6 and 7 worksheets:** [Drop the Rock--The Ripple Effect](#) Fred H., 2016-05-24 Drop the Rock—The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. When Drop the Rock: Removing Character Defects was first published in 1999, it quickly became the standard resource for working Steps 6 and 7, two of the most

challenging of the Twelve Steps for many people in recovery. Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9, realize the Big Book's "Promises," and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up "the rock" again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, he reveals Step 10 as the natural culmination of working the previous Steps.

**aa step 6 and 7 worksheets: Drop the Rock** Bill P., Todd W., Sara S., 2009-06-03 A practical guide to letting go of the character defects that get in the way of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the rocks that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, Drop the Rock combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

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Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

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**aa step 6 and 7 worksheets: Narcotics Anonymous** , 2008 Narcotics Anonymous (NA) describes itself as a nonprofit fellowship or society of men and women for whom drugs had become a major problem. Narcotics Anonymous uses a traditional 12 step model that has been expanded and developed for people with varied substance abuse issues. This work is the so-called Basic Text and is divided into two parts. Part 1 discusses the basics of the NA fellowship program and the twelve steps and traditions. Part 2 is composed of many personal recovery stories.

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Mar 6, 2022 · [Exercise 6] Complete the table entitled "Step 6 & 7 Action Plan," following the instructions included at the top of this table. Principles of Step Six are Willingness and Surrender.

### **Do you really want to be able to manage your character ...**

(Used in conjunction with the book at: [www.12StepsUnlocked.com](http://www.12StepsUnlocked.com) or for personal exploration) STEP 6 WORKSHEET, "WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE ...

### *AA Step 7 Worksheet - Sober Speak*

AA Step 7 Worksheet Humbly asked Him to remove our shortcomings. My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me ...

### **Step 7 Worksheet with Questions - 12 Steppers**

Step 7 elevates the introspection from Step 6 into action, building on the willingness and transitioning into the actual process of self-improvement. Throughout the recovery journey, we ...

### **Twelve Steps - Step Seven - (pp. 70-76) - Alcoholics ...**

The difference between a demand and a simple request is plain to anyone. The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to ...

*Step Six Were entirely ready to - CFL SAA*

Step Six builds on the recognition that our malady has roots that run deeper than just our acting-out behavior. It requires the willingness to change fundamentally, to be free of the failings that ...

Humbly asked Him to remove your shortcomings.

READINGS FOR STEP SEVEN Big Book: Chapter 6, Into Action. Page 76, paragraph 2 AA 12&12:  
Step 7 that you should have all of me, good and bad. I pray that you now remove from ...