

STEP 6

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we had to surrender completely to obtain relief. We had to admit we were whipped. This Sixth Step is the same situation. We can't do it ourselves--but we know that God as we understand Him can do it for us, if we really want Him to. That's all that is necessary for the Sixth Step, which is:

"Were entirely ready to have God remove all these defects of character."

Do we really want to be rid of our resentments, our angers, our fears? All our resentments? Do we really understand that they are a deadly poison in the heart of an addict?

Many of us cling to our fears and doubts and self-loathing or hatred of others because there is a certain distorted security in familiar pain. It seems safer to hold on to the old pain than to let go of it for the unknown.

Here, once again, we look to those N.A. people who have the kind of life we want for ourselves. We ask them--"Did you let go?" And here, once again, almost without exception the answer is, "Yes, to the uttermost of my ability."

All that is required in the Sixth Step is the honest willingness to let go of those things about yourself that you have already decided you wished to part company with--the fears and doubts of that other life.

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# B. STEP 6

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Now then, in examining ourselves as honestly as possible and in discussing our past with another human being as honestly as possible--it is probably that we have discovered some things about ourselves that we don't like. Perhaps we call these things character defects, perhaps we call them shortcomings or moral blind spots. Whatever we call them, we recognize that they must change if we are to grow. And we recognize that we ourselves cannot, of ourselves, change them.

Let us go back to the First Step for a minute. Remember that

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Letting go of character defects should be done with love. Fear and hate cannot give us new lives. We should approach old defects in patience and understanding for they have served us well in days past. They have kept us from situations we couldn't handle before we got the program and a new source of power. In most cases we can be grateful that our defects are not more pronounced or of a more harmful nature. When we can see how they fit in our lives before the program and accept them, we can let go more completely and get on with our new life.

Pray for Willingness to go to any lengths.

6 STEPS WE WERE ENTIRELY (79)  
READY TO HAVE GOD REMOVE ALL THESE  
DEFECTS OF CHARACTER

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Ask God to help  
me with six step  
to envision a future  
free of these defects  
give me curiosity &  
a sense of wonder.

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If we clearly recognize the realities of this type of situation, can we not choose our own penances and objects of "charity" to better effect?

"Humbly asked him to remove our shortcomings"

The key of this step is an understanding of the word humility. Humility is as much a part of staying sober as food and water are to staying alive. As we struggled along in our addiction we devoted our energy towards satisfying our material needs. We always had to have a satisfaction of our basic desires such as prestige and power. We never thought of spiritual growth or asking a Higher Power for direction. We were the Higher Power.

We could handle the trials and tribulations of life all by ourselves. It wasn't until we made a real mess of our lives that we realized that we couldn't do it alone. By admitting that we were powerless over our addiction and reaching out for help, we achieved our first glimpse of humility.

When we were in our addiction our spiritual and emotional growth came to a halt. We did not mature and grow like a normal person. Now that we are sober there are many situations that arise in our daily lives that are difficult to understand. By practicing the virtue of humility and reaching out and asking for help we can get through even the toughest of times. I can't we can. It is not a sign of weakness, it is a sign of growth.

We have to realize that people can give us direction and that our way of thinking is not the only way. We must puncture that ego and realize we have much work to do. When someone points out a shortcoming, our first reaction is one of defensiveness. If we really want to grow we will take a good look at what is pointed out. We must realize we are not perfect and there are things we must change.

The main objective of step seven is to get out of ourselves and to strive for achieving the will of our Higher Power. Our will didn't work.

I have taken all of the hurt that I have felt and that hurt I have cause to other people and made it into a ball and threw it away.

We have all spent much of our lives being anything but humble. We have been humiliated by many of the things that happen to us while using drugs--but most of us avoided true humility until we took N.A.'s First Step. Then again in the Third Step we ask God to direct our will and our lives. And now in the Seventh Step we humbly ask Him to remove our shortcomings.

Work on yourself first  
Save our ass first

Let Go & let God  
It's me them the right  
to be.

Practicing principles  
in all our affairs  
means I had to have  
a 180° change in my  
personality. I had  
to admit that I had  
been totally wrong  
& any thing short of  
a 180° personality  
change would lead  
me back.

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Having decided we want God, as we understand Him to believe us of the useless or destructive aspects of our personalities we arrive at the Seventh Step:

You will have noticed by now that humility plays a big part in this Narcotics Anonymous way of life. We take our moral inventory, we become ready to let God remove our defects of character, we humbly ask Him to remove our shortcomings. Not the other guy's but rather our own. This is our road to spiritual growth, to humbly and gradually change our own character, day by day. To gradually, carefully and simply pull ourselves out of the isolation and loneliness of hopeless drug addiction into this mainstream of useful fellowship. This does not happen by wishing for it, it requires action.

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"Humbly asked Him to remove our shortcomings."

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We need to become willing to have God remove all these defects of character. If we have found a loving God and have discovered in us the seed of our own destruction, we have nearly worked the step. The word entirely plays a significant role here. Reservation will not help us achieve the freedom we have come so far to get. Selling another person on the valuelessness of our defects and describing to others the hassels they have put us through is a good way to get a running start with this step. When we feel ourselves ready, we proceed directly to the next step. Having seen and heard a great deal about the program and enjoying a little bit of relief from the basic discomforts we are now ready to step off into the new. If the defects we have discovered are real and we have a chance to be rid of them surely we will experience a sense of high adventure at this point. Some will want to get on their knees for this step. Some will get phyciced out in a quiet way or put forth a great mental effort to show intent willingness. The word unable applies because ~~we~~ we approach this power greater than ourselves/<sup>to</sup> ask for the most wonderous gift of the program; the freedom to live without the limitations of our past ways. ~~xxxxxx~~ However we want to handle it, go all the way. Think of what we have to lose! As soon as we feel ourselves willing, go ahead and ask God as you understand him to remove the shortcomings you have inventoried and any others that might ~~prevent you~~ limit your freedom to be yourself.

Having taken the seventh step without reservation we are ready to turn our attention to the world. The goal we seek here is to be able to walk down any of life's streets and hold our head up. When we make a list of all the persons we had ~~harmed~~, and become willing to make amends to them all,