



Step Study Meeting

Step 6

Telemeeting Version

v1.0.0.2



Path to Healing and Recovery
Cambridge - Guelph - Waterloo - Dufferin County

Tri County Recovery - SAA

of The Path to Healing and Recovery Group

<https://tcr.p2har.org>

info@tcr.p2har.org

toll free : 844-523-8575, ext 10827

moderator

Step 6 - Week 1

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

Wanting our lives to change is not the same as being actually ready for change. The negative patterns uncovered in our inventory represent a lifetime of ingrained beliefs, attitudes, and habits of behavior. Just becoming aware of them can be painful; imagining life without them may seem almost impossible.

Volunteer reader

Much of our resistance to change is based in fear. We may find it easier to continue in an unhappy, yet familiar way of life, than to face an unknown and uncertain future. For many of us, our problems and shortcomings seemed to define us as people: what would we be without them? Often we find that our character defects started as ways to deal with difficult circumstances, in childhood or later. It is hard to let go of beliefs and behaviors that once helped us cope, or even kept us alive. If we are fearful, we can gently and courageously allow ourselves to consider the possibility of surrendering our familiar defects, trusting that our Higher Power will not give us more than we can handle.

moderator

Character defects are undesirable traits, attitudes, and beliefs that make our lives unmanageable, cause pain to others, and block our spiritual growth. Our problems did not begin with our sex addiction, nor do they end when we get into recovery. 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 continue to create serious problems in our lives.

Volunteer reader

Most of us are well aware of our worst character defects long before we get to this step. If we rage, are uncontrollably jealous, are full of resentments, or feel like a doormat, we probably have had some sense of how these patterns have poisoned our lives and relationships. But rather than solving these problems or accepting our lives, we had hunkered down with our addiction. In the Sixth Step, we become open to the possibility that God can remove the defects we had felt helpless to control and had masked with our acting out

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Sixth Step Prayer

Dear God,

I am ready for Your help

In removing from me the defects of character

Which I now realize are an obstacle to my recovery.

Help me to continue being honest with myself &

Guide me toward spiritual & mental health.

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

moderator

Step 6 - Week 2

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

Volunteer reader

In working this step, we have found it helpful to refer to the list of character defects we made in our Step Four inventory and perhaps expanded with the help of our sponsor when we took Step Five. Our list includes all of the self-defeating attitudes and behavior patterns that have been revealed to us. Examples of unhealthy attitudes may include resentment, grandiosity, self-pity, perfectionism, blaming others, feeling like a victim, and entitlement. Our list of behaviors might include habitual actions such as raging, isolating from others, lying, manipulating, or avoiding conflict. We may also have noted our negative traits or approaches to life, such as greed, envy, selfishness, and self-hatred. It is important to realize that the words “these defects of character” refer to the “exact nature of our wrongs” admitted in the Fifth Step. In Step Six we focus on those defects that have come to our attention through our inventory work.

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We may see, for example, that our expectations of others have led to disappointment and resentment. We may notice that our perfectionism caused us to procrastinate rather than complete a task imperfectly. We may remember instances when our stubbornness, judgmental attitudes, or self-righteousness produced conflict with other people. Looking at areas of unmanageability in our lives can help us recognize our defects, when we identify our responsibility for events that felt painful or out of control. We can also look at where we’ve been “stuck”: areas in our lives that repeatedly gave us trouble. If, for instance, we are the kind of person who won’t commit to things, we can recognize this defect in the pattern of problems we have had, such as not staying long in any one job, or jumping from one relationship to another. We look for those aspects of our personality that hold us back in life, whatever they might be.

Volunteer reader

We can ask our sponsor and friends in recovery for help in identifying our character defects. We can ask them to tell us when they see us making choices that are not in our best interest. They can tell us where we seem to be repeating the same mistakes. Often they will point out the situations that cause us trouble, rather than tell us directly what they think our problems are. It is also helpful to ask our Higher Power to reveal our character defects to us. When we pray or meditate on this step, new insights about ourselves and our shortcomings will often come to us.

moderator

As sex addicts, we may find that our character defects take the form of unhealthy beliefs and attitudes about sex. These defects may include: believing that sex is inherently bad or wrong, or that sex is incompatible with being religious, spiritual, or “good”; having difficulty telling the difference between sex and love, or understanding how they relate to each other; having feelings of sexual inadequacy or shame, while avoiding healthy sexual risks; and having feelings of sexual entitlement, or associating sex with power and control. If we have been victims of sexual trauma or abuse, we may feel stuck in the role of either victim or perpetrator, repeatedly reenacting abusive patterns, or we may avoid sex for fear of being victimized again or becoming perpetrators ourselves. In taking this step, we acknowledge that many of our feelings, thoughts, and patterns around sex are beyond our ability to manage and won’t disappear

overnight. Our part is to become willing and ready for our Higher Power to move us toward healthier ways of being with our sexuality.

Volunteer reader

We may feel as powerless over our defects as we did over our addictive sexual behaviors. Yet if we are unwilling to let go of our defects, we risk being led back into our addiction. Our Step Four inventory revealed to us how defects such as resentment, self-centeredness, and self-pity led us time and again into our addictive behaviors. By becoming ready to relinquish our defects, we show our willingness to do what it takes to stay abstinent.

moderator

Sixth Step Prayer

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

In this moment,

I am entirely ready to be freed of all my shortcomings.

In this moment,

I am ready to surrender these defects of character to God,

knowing that the power of willingness to heal is great.

Each new Step I take in my recovery,

no matter how small it may appear,

is an affirmation of my wholeness.

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

moderator

Step 6 - Week 3

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

Volunteer reader

Becoming entirely ready involves a deeper commitment to recovery, a willingness to let the God of our understanding effect important changes within us—changes in our ways of thinking and feeling, changes in our behavior. The readiness in the Sixth Step is one of the practical results of our Third Step decision to turn our will and life over to God's care. For our Higher Power's will to work in our lives, we must be willing to let it work. If we feel that we are not yet willing, we can pray to become ready to have these defects removed. Although there is no perfect, infallible way of knowing that we are "entirely" ready, we will know when our doubts and reservations are no longer blocking our way.

moderator

Many of us had tried to purge ourselves of our worst traits, and our efforts failed, just as our attempts to be free of our addiction failed. We may have tried vows and resolutions, or adopted beliefs or practices designed for self-improvement, only to see our defects manifesting again, despite good intentions. We wondered how God could remove our character defects. But we need not concern ourselves with this in order to work Step Six. All we have to do is become willing, and leave the rest to our Higher Power.

Volunteer reader

On the other side of every character defect is a character asset. Part of the process of becoming entirely ready is to practice these character assets in our actions and choices, instead of our defects. If we suffer from emotional rigidity, we can look for ways to become more flexible. If we are perfectionists, overly self-critical, or impatient, we can practice acceptance. Practicing new ways of behavior can help open our hearts to the spiritual changes God wants for us.

moderator

The prospect of having life-long habits removed may seem overwhelming. We have learned that the Sixth Step is not a single event, but an ongoing process. We do not need to be willing to have all of our defects removed at once. We can concentrate on being ready to have one or two debilitating character traits removed first. And just as we stop acting out one day at a time, we can allow ourselves to be ready for changes in our character one day at a time. When we see ourselves reacting to a situation in an old way, we can try handling it differently for one day. We will never know perfection, but we can experience progress.

Volunteer reader

As we let go of old ways of approaching life, and trust that God will reveal new ways, many of us begin to have a greater vision of what our life in recovery could be. We are ready for real change, and our attention now turns directly to our Higher Power, so that we may ask in all humility for the help we need. It is time for Step Seven.

Sixth Step Prayer

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

God

help me become willing

to let go of all the things to which I still cling.

Help me to be ready to let you remove all of these defects,

that your will and purpose may take their place..

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Step 6 - Week 4

Week 4 will always be the week we have a business meeting. Starting with January, the first two business meetings will be brief and held at the beginning. Every 3rd month - starting with March, there will be a longer full Business meeting and Group consciousness meeting. The full business meetings will be held on the 4th Tuesday of March, June, September, December. Thus, next Month we will have a full business meeting.

Brief Business Meeting Agenda

- * Finances
- * What is working well, what isn't work well for people.
- * Is the current format still working for people
- * Workshops
- * Study Groups

Volunteers

- * literature
- * meeting facilitator/key holder for the next month
- * greeter for new people
- * Room/signs setup/teardown

Return back to main program and continue with the normal meeting. We will return here for the sharing and weekly reading portion and then later for the prayer later in the main meeting.

Week 4/5

At the discretion of the moderator the format for week 4 will vary.

The format may be a speaker meeting, a discussion meeting with discussions on the Step or, discussion on items in general.

If this is a discussion meeting on Step 1, go to the next page, otherwise refer to the Week 4-5 supplemental bulletin.

Moderator - if you choose a discussion format, read the section on the next two pages and then proceed to the discussion questions and choose a few for the group to think about.

Step 6 - Week 4/5 Step Reading

moderator

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

What Is the Purpose of This Step?

How Do You Complete This Step?

What Are Some Myths About This Step?

Keep an open mind: Set yourself up for success. Be open to the idea of looking outside yourself for help and support, and you'll be able to better conceive of the idea of recovery.

Maintain humility: Accept that you can't conquer your addiction alone.

What Are Some Myths About This Step?

If Step related discussion questions format selected start here

Step 6 Discussion Questions

Moderator - pick a few questions for people to reflect on.

1. Do I believe I can overcome and remove my character defects by myself? Why or why not?
2. Do I like certain of my character defects, find them useful or necessary? If so, which defects and why? What purpose do they serve?
3. If it is too daunting to consider living without what may seem to be protective character defects, can I be willing this week to consider what life might be like without one of them? More than one? Is it not knowing what I will be like without them that makes it hard to be ready to have them removed?
4. Ask yourself: Do I trust the process? Do I trust that Higher Power can and will remove my character defects in a loving, healing way?
5. Do I frequently sabotage my attempts to examine defects of character? so, why?
6. Do my character defects bother me enough to want to let them go?

Non Step related Discussion Questions

1. Often times, a person's relation with drugs, alcohol, acting out and other compulsive behaviours will change over time. For example, you might've initially acted out only a few times a month as a fun way to relax, but, eventually they became everyday necessity. How has your relationship with acting out behaviours changed from early on to now. Do you still act out for the same reasons or have those reasons changed.
2. The rituals and activities that surround acting out can be difficult to give up. For example, a smoker might enjoy the ritual of having a cigarette - not just the nicotine. Similarly, a sex addict might have difficulty saying goodbye to their strip club buddies, dancers or mistresses. What are some rituals or activities that you associate with acting out, and how do you feel about giving them up. Do you think you can achieve sobriety without changing your lifestyle.
3. Some people say that addiction is a disease, and others think it's a choice. What do you think and why? How do you believe counseling, support groups or other treatments could help a person who struggles with addiction.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Sixth Step Prayer

God,

*Thank you for removing my fear
and for showing me the truth about myself.*

Father,

*I need your help to become willing to let go of the
things in me which continue to block me off from you.*

Please grant me you're

*Grace Lord and make me willing to have these
objectionable characteristics, defects and
shortcomings removed.*

"Amen"

*Return back to main script "Sharing section of the
main script" for the conclusion of the meeting.*

