

AA Step 6 Worksheet

Patient Information

Patient Name:

Date:

Therapist/Counselor Name:

Session Number:

Step 6: "We are entirely ready to have God remove all these character defects."

Character Defects

- List the character defects you've identified during your self-reflection:

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Specific Examples

- Describe specific incidents or situations where these character defects have manifested. Provide details.

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Willingness to Change

- On a scale of 1 to 10, how willing are you to let go of these character defects and work on personal growth? (1 = Not willing, 10 = Completely willing)

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Higher Power Connection

- Reflect on your belief in a higher power or spiritual force. How can this belief support your journey to overcome your character defects?
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Action Steps

- For each character defect, outline actionable steps you plan to take for personal growth and addressing these defects.

Character Defect:

- **Action Steps:**

- 1.
- 2.
- 3.

Character Defect:

- **Action Steps:**

- 1.
- 2.
- 3.

Character Defect:

- **Action Steps:**

- 1.
- 2.
- 3.

Sharing and Discussion

Share your completed worksheet with your sponsor or counsellor during your next session. Discuss your insights and action plans.

Next Steps

Keep this worksheet as a reference for ongoing self-improvement. Review and update it regularly as you progress in your recovery journey.

Notes