

AA Step 6 Worksheets

Name: _____ Date: _____

"We're entirely ready to have God remove all these defects of character."

Understanding Step 6

Step 6 focuses on **readiness** and **willingness** to let go of character defects identified in Step 4. This step is about preparing mentally, emotionally, and spiritually for change.

List the main character defects you identified in your Step 4 inventory. For each defect listed above, rate your readiness to let it go (1 = not ready, 10 = completely ready):

| Defect | Readiness (1-10) |
|--------|------------------|
| | |
| | |
| | |
| | |

What makes you hesitant to let go of certain character defects? (Check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Fear of change | <input type="checkbox"/> They feel like part of my identity |
| <input type="checkbox"/> These traits sometimes serve me | <input type="checkbox"/> I'm not sure I can change |
| <input type="checkbox"/> I don't know who I'll be without them | <input type="checkbox"/> Other: |

How do these character defects harm you or your relationships?

Imagine yourself without your main character defects. Describe what your life might look like:

| Relationships | Work/daily life | Personal peace |
|---------------|-----------------|----------------|
| | | |

How do you understand your Higher Power's role in removing character defects?

What specific actions can you take to become more willing to let go of character defects?

| Defect | Action steps |
|--------|--------------|
| | |
| | |
| | |
| | |

Who can support you in this process of becoming ready?

| Sponsor | Therapist |
|------------|----------------|
| | |
| AA friends | Family/Friends |
| | |

Next steps

Personal reflection