

# AA Step 7 Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

*"Humbly asked Him to remove our shortcomings."*

## Understanding step 7

What does humility mean to you?

How is humility different from humiliation or shame?

## Reviewing your character defects

From your Step 4 inventory and Step 6 work, list 3-5 character defects you're ready to have removed:

## The practice of humility

Check the behaviors that demonstrate humility in recovery:

- ☐ Admitting when I'm wrong
- ☐ Asking for help when needed
- ☐ Listening to feedback without defensiveness
- ☐ Making amends when appropriate
- ☐ Accepting that I don't have all the answers
- ☐ Being patient with my progress
- ☐ Showing gratitude for support received
- ☐ Other:

## Prayer and meditation

Write your own Step 7 prayer or reflection:

How will you incorporate daily prayer/meditation into your routine?

## Action steps

What specific actions will you take this week to practice humility?

Who in your support network can help hold you accountable?

## Reflection notes