

Step 6 Worksheets

Willingness

Have you ever been misleading in your prayers and interactions with your Higher Power? Do you believe your Higher Power forgives you?

When I am uncomfortable with what I am feeling, what steps do I take to change it? Are they healthy?

What can you do to improve yourself? Think of practical habits, which would improve your life if you followed through on them.

What destructive habits do I keep repeating? If they are destructive, why do I repeat them?

Do you still engage in activity that is harmful to yourself and others? How could you stop?

Do you contribute to the well-being of your community? Could you do more? If so, what are practical steps you can take weekly to do so?

Do you consider yourself a dishonest person? Has working the steps made you a more honest person?

Are you a jealous or resentful person? Has working the steps made you more grateful?

Do you take responsibility for your actions? Has working the steps made you a more accountable person?

List the five most significant defects of character you possess. How have they harmed you and others?

Are there any actionable steps you can take to alleviate the implications of those defects?

Do you cling to any of those flaws? If so, why?
