

Step 7 Worksheets

Humility

How would you feel if you no longer had those characteristics? Would you be happier or would you feel like you have lost part of your identity?

Write a letter to your Higher Power asking for the removal of these traits. Make sure not to bargain or plead, but rather show a readiness to grow. Use a different piece of paper if you need to.

Do you believe your shortcomings can come back? In what situations is this most likely to occur?

Do you ever lose hope in the process of recovery? When does that occur and why? Can you do anything to avoid it?

What are you most grateful for? Who do you credit with these elements in your life? Do you show enough gratitude?

Do you spend enough time with loved ones? If not, how can you change your habits to change that?

When do you feel most hopeful? How can you bring those situations into your day- to-day life?

What have you lost due to your addiction? Should you try and reintroduce those elements into your life? What would that look like?

If your Higher Power were to remove your defects, what would your life look like? Are your expectations realistic?

Have you ever been truly happy? If so, do you think that happiness can be recaptured?

Have you improved the world around you? If not, how can you? If you have, could you do more? In both cases, think about how you can apply these insights to your life.
