

Step 6 Were entirely ready for God to remove all these defects of character

6A Defects of Character

For many of us, the first time we read this, we assumed that our addiction was the “defects of character” to be removed. As we continued in recovery, we find that other items better fit that phrase. Some things are: that which drove us to adopt bad habits, patterns of thinking, buttons that our loved ones can still push, and instinctive ways of reacting to situations and events.

“Bad habits” vs. “Defect of Character”: A bad habit is something that can be quickly modified through any number of techniques. How we acted out is often simply a bad habit. Over the years, many of us changed how we acted out. A defect of character is that part of us that drives us to start and keep bad habits.

What are some of my bad habits?

- 1.
- 2.
- 3.
- 4.

Do I remember when I started those habits and why?

- 1.
- 2.
- 3.
- 4.

Do I know why I keep/kept on doing those bad habits? If so, why?