

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

6L – Willingness / Fearfulness

Many people are willing to be set free from the consequences. However, very few are willing to go through the process of being set free as that process is often very painful.

What pains have I experienced already in recovery?

What have I learned from going through those pains?

What fears do I have about going onward in recovery?

How willing am I to have more pain in my life? What do I think I would gain from more recovery?

The next steps point towards improved relationships with loved ones and the rest of society. Is that something I want and how willing are I to let go of myself, my pride, and my life to get that?

What is my higher power telling me about going onward in recovery?