

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

6M – Childhood events

For many of us, we had event happen to us in our childhood that were instrumental in getting us to this place. For understanding our character, it isn't what happened to us that is important. It is our reactions to what happened that both illuminates and helped shape our character.

What events occurred in childhood that helped form my addiction?

How did I react to those events? (Took them as normative. Retreated into isolation. Wanted to have that power that the other person had. Tried to run the opposite direction from that behavior.)

How have those reactions been part of my addiction? Even as I change what I do in life, how do I still have many of those same reactions to events and people in my life?

What consequences have I had in my relationships because of those reactions?

What would it mean to me to put those reactions into the hands of a caring higher power?

How can I seek a higher power's directions in changing these reactions in my life?

How would I make amends to myself and to others for those reactions?