

Step 7 – Humbly asked God to remove our shortcomings

7I Shortcomings: Sloth, Procrastination / busy in the wrong areas

Behind Sloth and Procrastination is the human characteristic of not wanting to do stuff that doesn't need to be done. Indeed, we do well to not do what doesn't need to be done. When this characteristic is tempered in other ways, it comes out as creativity, inventiveness, organization, and some parts of leadership. When we are over busy in the wrong areas, we use up our energy, time, and resources doing the wrong actions.

Sloth is any time that we are not doing what our Higher Power wants for us to be doing right this moment. That includes both inactivity and over busy-ness.

These character defects are hard to identify and solve because they are so passive or they appear so noble while our lives are falling apart in secret. What can I see of these defects in my life? How can I identify when I am engaging in them?

The main persons we harm are ourselves. How have I harmed myself and those I love through not taking the actions I needed to or by doing for others instead of myself?

What would be appropriate amends for the Sloth in my life?

One deep way of making amends is to ask for help with this characteristic. We can ask for help with organizing, or ask for help to get extra muscles to move stuff, or ask for help with finances.

What are the signs that I need to be aware of this defect returning?

What parts of my life would best be put in my higher power's hands in order to have these character strengths? How can I have compassion on myself when this returns?