

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 or that we were “weak”. As we continued in recovery, we find ourselves doing multiple inventories. We did an inventory of our actions and consequences in Step One, an inventory of our decision making in Step Four. Here we have the opportunity to dig down another level.

Our “Character Defects” are the parts of us that keep us making the same bad decisions over and over again even when we can see that it is a bad decision. Our addiction isn’t simply a bad habit. A bad habit is something that can be quickly modified through any number of techniques. The specifics of our acting out is often 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.

Some of the common defects of character (and their mirror opposites) are:

Pride	- Excessive deferring to others
Envy	- Possession Avoidant
Greed	- Compulsive Poverty
Lust	- Sexual Avoidant
Self-Righteousness	- Beating up on Myself
Perfectionism	- Squalor and giving up
Selfishness	- No boundaries
Sloth	- Over Busy
Rage	- Denial of Fear and Anger
Gluttony	- Starving (in multiple ways)

Which ones do I feel I have in my life and what bad decisions have they caused me to make?

How could my life be improved by changing these?