

# Removing Character Defects: Steps Six and Seven - An Essential Guide to Overcoming Inner Obstacles

Character defects are deeply ingrained patterns of thought, behavior, and emotion that hold us back from reaching our full potential. They can manifest in various forms, such as anger, pride, selfishness, and dishonesty. While they may seem like minor flaws, character defects can have a profound impact on our relationships, careers, and overall well-being.

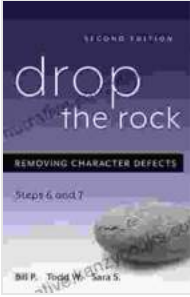
Overcoming character defects requires a comprehensive approach that addresses both the inner and outer aspects of our being. The "Twelve Steps and Twelve Traditions" program, which has been instrumental in helping millions of people recover from addiction, offers a practical framework for removing character defects and cultivating a healthier, more fulfilling life.

This article will delve into the sixth and seventh steps of the Twelve Steps program, providing an in-depth understanding of their importance and offering practical guidance for their implementation. As we explore these steps, we will embark on a journey of self-discovery and transformation, unlocking our true potential and creating a life characterized by inner peace, integrity, and purpose.

## Drop the Rock: Removing Character Defects - Steps Six and Seven by Bill P.

★★★★☆ 4.8 out of 5

Language : English



File size	: 714 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 126 pages



The sixth step of the program is a crucial turning point in the recovery process. It requires us to face our character defects head-on, acknowledge their harmful effects, and make a conscious decision to let them go.

## **Understanding the Importance of Willingness**

Willingness is not the same as agreement. It does not imply that we enjoy our character defects or want to keep them. Rather, it is a recognition that we are powerless over these defects and that holding onto them will only lead to more pain and suffering.

Becoming willing to let go of our defects involves a shift in perspective. We must move from resistance and denial to acceptance and surrender. It is a process that requires humility, honesty, and a genuine desire for personal growth.

## **Practical Tips for Cultivating Willingness**

- **Self-Reflection:** Take time to introspect and identify your character defects. Explore their origins, how they manifest in your life, and the negative consequences they bring.

- **Benefits of Letting Go:** Consider the benefits of letting go of your defects. How would your life improve if you were free from their influence?
- **Spiritual Surrender:** Seek support from a higher power, whether it is a religious tradition, a therapist, a sponsor, or a community of like-minded individuals. Surrendering to a power greater than ourselves can provide the strength and guidance needed to let go.
- **Gradual Process:** Letting go of character defects is a gradual process. It is essential to be patient with yourself and to celebrate your progress along the way.

The seventh step of the Twelve Steps program is a continuation of the sixth step. It involves making a humble request to a higher power to remove our character defects and guide us toward a path of righteousness.

### **Why Humility is Essential**

Humility is a fundamental aspect of the seventh step because it allows us to recognize our own limitations and the need for external assistance. We cannot overcome our character defects solely through our own willpower. We need the grace and support of a power greater than ourselves.

### **The Nature of the Request**

The request we make in the seventh step is not a simple wish or demand. It is a humble plea for help, an acknowledgment that we are unable to overcome our defects on our own. We are asking for guidance, strength, and the removal of those obstacles that prevent us from living a fulfilling and purposeful life.

## Practical Tips for Making the Seventh Step

- **Find a Quiet Space:** Retreat to a place where you can feel comfortable and connected to a higher power.
- **Prepare Your Heart:** Take time to reflect on your character defects and the areas in which you need guidance and support.
- **Make the Request:** Express your humility and dependence on a higher power. Ask for help in removing your defects and guiding you toward a path of recovery.
- **Be Specific:** If possible, identify specific areas where you would like to see improvement.
- **Be Patient and Persistent:** The seventh step is an ongoing process. Continue to make this request daily, even if you do not feel immediate results.

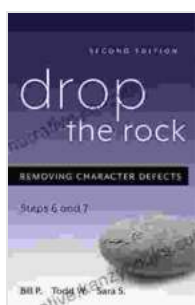
Integrating steps six and seven into our daily lives is essential for lasting recovery and personal growth. Here are some practical tips for implementation:

- **Regular Self-Reflection:** Continuously assess your progress and identify areas where you still struggle with character defects.
- **Surround Yourself with Support:** Connect with a sponsor, therapist, or support group to share your experiences and receive guidance.
- **Practice Surrender:** Let go of the need for control and trust in the process of recovery.

- **Seek Professional Help:** If necessary, consider seeking professional help from a therapist or addiction specialist who can provide personalized support.
- **Be Patient and Kind to Yourself:** Recovery is a journey, not a destination. Celebrate your progress and learn from your setbacks.

By embracing the principles of steps six and seven, we embark on a transformative journey that can lead to profound personal growth and lasting recovery. As we let go of our character defects and seek guidance from a higher power, we open ourselves up to the possibility of a more fulfilling and meaningful life, free from the shackles of our past.

The path of recovery may not always be easy, but it is a worthwhile endeavor that empowers us to live a life of purpose, integrity, and inner peace. By following the guidance of the Twelve Steps program, we can break free from the chains of addiction and character defects, unlocking our true potential and creating a future filled with hope and possibility.



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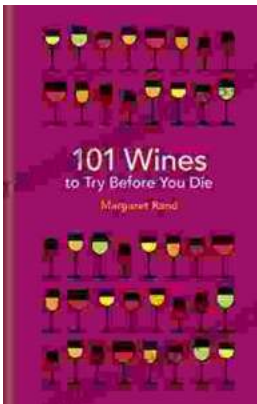
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