

aa step six worksheet

The Power of an AA Step Six Worksheet: A Comprehensive Guide to Self-Inventory and Spiritual Awakening

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Editor: Eleanor Vance, MA, Certified Addiction Counselor (CAC) with 15 years of experience in addiction treatment and twelve-step program facilitation. Ms. Vance has a strong understanding of the nuances of working with AA Step Six worksheets and their crucial role in the recovery process.

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Understanding the AA Step Six Worksheet: A Foundation for Lasting Change

The "aa step six worksheet" serves as a critical tool in the Alcoholics Anonymous (AA) twelve-step program. Step Six, "Were entirely ready to have God remove all these defects of character," requires deep self-reflection and a willingness to surrender to a higher power. An aa step six worksheet facilitates this process, providing a structured approach to identifying and addressing character flaws that hinder recovery. It's not just about listing flaws; it's about understanding their root causes and cultivating a desire for change.

The Importance of Self-Inventory in an AA Step Six Worksheet

Before engaging with an aa step six worksheet, participants typically complete a thorough self-inventory (often facilitated by steps 4 & 5). This inventory involves honestly examining one's life, identifying areas where they have fallen short, and acknowledging the impact of their actions on themselves and others. The aa step six worksheet builds upon this foundation, transforming the identification of flaws into a pathway for spiritual growth.

The aa step six worksheet allows for a more focused approach to Step Six. It provides space to list specific character defects identified during the self-inventory, prompting deeper introspection into each defect's origin and its influence on current behavior. This structured approach can be particularly helpful for individuals who find the abstract nature of Step Six challenging.

Utilizing the AA Step Six Worksheet: Practical Application

An effective aa step six worksheet should include prompts designed to guide deep self-reflection:

Listing Character Defects: The worksheet should provide ample space to list the identified character defects. These might include anger, dishonesty, selfishness, resentment, fear, pride, etc.

Exploring the Root Causes: Beyond simply listing defects, the aa step six worksheet encourages exploration of their origins. Why do these defects exist? What experiences or beliefs contribute to these patterns of behavior?

Impact Assessment: The worksheet should guide users to assess the impact of these defects on their lives and relationships. How have these flaws affected their well-being, relationships, and recovery

efforts?

Willingness to Change: A crucial element of the aa step six worksheet is to assess one's willingness to address these defects. Are they truly ready to let go of these patterns?

Surrender to a Higher Power: The worksheet should address the concept of surrendering these defects to a higher power, whatever that may mean to the individual. This involves releasing control and trusting in a power greater than oneself.

Different Approaches to the AA Step Six Worksheet

While the core principles remain consistent, different variations of the aa step six worksheet exist. Some may be more concise, focusing on a few key character defects, while others offer more extensive prompts for thorough self-exploration. Some worksheets incorporate spiritual reflection exercises, while others focus primarily on behavioral patterns. The best approach depends on individual needs and preferences, often guided by a sponsor or therapist familiar with the AA Step Six worksheet process.

Overcoming Challenges with the AA Step Six Worksheet

Many individuals find working with an aa step six worksheet challenging. Honesty and self-compassion are crucial. Resistance can stem from fear of confronting difficult truths or a reluctance to relinquish control. A sponsor or therapist can provide invaluable support during this process, offering guidance and encouragement. It's essential to remember that the process is not about self-condemnation but about self-understanding and growth.

The Spiritual Dimension of the AA Step Six Worksheet

The spiritual dimension of Step Six is central to its effectiveness. Surrendering character defects to a higher power is not about religious dogma but about acknowledging a power greater than oneself, capable of facilitating change. This higher power can take many forms – a deity, nature, the universe, a spiritual community, or even one's own inherent goodness. The aa step six worksheet should

encourage exploration of this concept, allowing individuals to define their understanding of a higher power in their own terms.

Integrating the AA Step Six Worksheet into a Broader Recovery Plan

The aa step six worksheet should not be viewed in isolation. It is a vital component of a larger recovery plan that likely involves participation in AA meetings, working with a sponsor, and potentially engaging in individual or group therapy. Integrating the insights gained from the aa step six worksheet into other aspects of recovery is crucial for sustained progress.

Conclusion:

The aa step six worksheet is a powerful tool for self-discovery and spiritual growth within the context of the AA twelve-step program. By providing a structured framework for self-reflection and a pathway to surrender, it helps individuals identify and address character defects that hinder recovery. However, it's important to approach the worksheet with honesty, self-compassion, and the support of a sponsor, therapist, or trusted member of the recovery community. The journey of self-improvement is ongoing, and the aa step six worksheet serves as an important milestone along the path to lasting sobriety and spiritual awakening.

FAQs:

1. What if I struggle to identify my character defects? Consider journaling, meditating, or talking to a trusted friend or sponsor. It might be helpful to focus on specific areas of your life where you've experienced challenges.

1. Is there a "right" way to complete an aa step six worksheet? No, the worksheet is a personal tool. There's no right or wrong way to complete it as long as you're honest and willing to explore your inner self.

1. What if I don't believe in a higher power? The concept of a higher power is interpreted differently by each individual. It can be anything that provides strength, guidance, and support.

1. How often should I revisit my aa step six worksheet? As often as needed. Regularly reviewing your work can offer valuable insights into your ongoing progress.

1. Can I use an aa step six worksheet outside of the AA program? Absolutely. The principles of self-reflection and personal growth are valuable for anyone seeking self-improvement.

1. What if I feel overwhelmed by the process? Seek support from a sponsor, therapist, or other trusted individual. Breaking the process into smaller, manageable steps can help.

1. Is it necessary to share my aa step six worksheet with anyone? Sharing is a personal choice. Some find it helpful to share with their sponsor, while others prefer to keep it private.

1. Can I use a pre-made aa step six worksheet template? Yes, many templates are available online. Choose one that resonates with you and your needs.

1. What if I relapse after completing an aa step six worksheet? Relapse is a part of the recovery process for some. Don't be discouraged. Use it as an opportunity to learn and grow.

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how women understand the Twelve Steps of Alcoholics Anonymous (AA) and offers inspiring stories of how they travel through the Steps and discover what works for them. The book can be used alone or as a companion to AA's Twelve Steps and Twelve Traditions. By identifying and addressing the special issues that recovery presents for women, this book empowers women to take ownership of their own journeys and to grow and flourish in recovery.

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to the alcoholic's home and talk him through Steps 1 and 2, and when they were thoroughly convinced he was ready, they would start him on the program. Step 12 is the foundation of sponsorships: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, to practice these principles in all our affairs. Carry This Message addresses McQ's concern that sponsors have lost some skills in working with alcoholics. AA sponsors need to refocus on the Big Book, on the Twelve Steps, and on their message, urges McQ, to recognize the value of the program and to return to its roots and essence. Directed to sponsors, this is a companion book to *The Steps We Took*, offering tools for helping others find recovery and new life through the Twelve Step program.

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literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

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using this book. One aspect is in defining the characteristics of addictions presented in this book. Another is the simple and congruent theme of addictions and the application of the Twelve Steps which is outline in this book. This literature gives a fresh breath with new insights into addictions and Twelve Step implementation.

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Anonymous Overeaters Anonymous, Inc. (U.S.), 1993 Provides a detailed explanation of the principles of Overeaters Anonymous and serves as a guide for those of us living the programme of OA who want to spread the message of recovery to others.

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to Google PageRank and Markov chain Monte Carlo (MCMC). Additional application areas explored include genetics, medicine, computer science, and information theory. The print book version includes a code that provides free access to an eBook version. The authors present the material in an accessible style and motivate concepts using real-world examples. Throughout, they use stories to uncover connections between the fundamental distributions in statistics and conditioning to reduce complicated problems to manageable pieces. The book includes many intuitive explanations, diagrams, and practice problems. Each chapter ends with a section showing how to perform relevant simulations and calculations in R, a free statistical software environment.

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aa step six worksheet: **Robert's Rules of Order Newly Revised, 12th edition** Henry M. Robert III, Daniel H. Honemann, Thomas J. Balch, 2020-08-25 The only current authorized edition of the classic work on parliamentary procedure--now in a new updated edition Robert's Rules of Order is the recognized guide to smooth, orderly, and fairly conducted meetings. This 12th edition is the only current manual to have been maintained and updated since 1876 under the continuing program established by General Henry M. Robert himself. As indispensable now as the original edition was more than a century ago, Robert's Rules of Order Newly Revised is the acknowledged gold standard for meeting rules. New and enhanced features of this edition include: Section-based paragraph numbering to facilitate cross-references and e-book compatibility Expanded appendix of charts, tables, and lists Helpful summary explanations about postponing a motion, reconsidering a vote, making and enforcing points of order and appeals, and newly expanded procedures for filling blanks New provisions regarding debate on nominations, reopening nominations, and completing an election after its scheduled time Dozens more clarifications, additions, and refinements to improve the presentation of existing rules, incorporate new interpretations, and address common inquiries Coinciding with publication of the 12th edition, the authors of this manual have once again published an updated (3rd) edition of Robert's Rules of Order Newly Revised In Brief, a simple and concise introductory guide cross-referenced to it.

aa step six worksheet: The Adult Learner Malcolm S. Knowles, Elwood F. Holton III, Richard A. Swanson, RICHARD SWANSON, Petra A. Robinson, 2020-12-20 How do you tailor education to the learning needs of adults? Do they learn differently from children? How does their life experience inform their learning processes? These were the questions at the heart of Malcolm Knowles'

pioneering theory of andragogy which transformed education theory in the 1970s. The resulting principles of a self-directed, experiential, problem-centred approach to learning have been hugely influential and are still the basis of the learning practices we use today. Understanding these principles is the cornerstone of increasing motivation and enabling adult learners to achieve. The 9th edition of *The Adult Learner* has been revised to include: Updates to the book to reflect the very latest advancements in the field. The addition of two new chapters on diversity and inclusion in adult learning, and andragogy and the online adult learner. An updated supporting website. This website for the 9th edition of *The Adult Learner* will provide basic instructor aids including a PowerPoint presentation for each chapter. Revisions throughout to make it more readable and relevant to your practices. If you are a researcher, practitioner, or student in education, an adult learning practitioner, training manager, or involved in human resource development, this is the definitive book in adult learning you should not be without.

aa step six worksheet: [Eating Disorders Anonymous](#) Eating Disorders Anonymous (EDA), 2016-11-21 Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders presents the accumulated experience, strength, and hope of many who have followed a Twelve-Step approach to recover from their eating disorders. Eating Disorders Anonymous (EDA), founded by sober members of Alcoholics Anonymous (AA), have produced a work that emulates the "Big Book" in style and substance. EDA respects the pioneering work of AA while expanding its Twelve-Step message of hope to include those who are religious or seek a spiritual solution, and for those who are not and may be more comfortable substituting "higher purpose" for the traditional "Higher Power." Further, the EDA approach embraces the development and maintenance of balance and perspective, rather than abstinence, as the goal of recovery. Initial chapters provide clear directions on how to establish a foothold in recovery by offering one of the founder's story of hope, and collective voices tell why EDA is suitable for readers with any type of problem eating, including: anorexia nervosa, bulimia, binge eating, emotional eating, and orthorexia. The text then explains how to use the Twelve Steps to develop a durable and resilient way of thinking and acting that is free of eating disordered thoughts and behaviors, including how to pay it forward so that others might have hope of recovery. In the second half of the text, individual contributors share their experiences, describing what it was like to have an eating disorder, what happened that enabled them to make a start in recovery, and what it is like to be in recovery. Like the "Big Book," these stories are in three sections: Pioneers of EDA, They Stopped in Time, and They Lost Nearly All. Readers using the Twelve Steps to recover from other issues will find the process consistent and reinforcing of their experiences, yet the EDA approach offers novel ideas and specific guidance for those struggling with food, weight and body image issues. Letters of support from three, highly-regarded medical professionals and two, well-known recovery advocates offer reassurance that EDA's approach is consistent with that supported by medical research and standards in the field of eating disorders treatment. Intended as standard reading for members who participate in EDA groups throughout the world, this book is accessible and appropriate for anyone who wants to recover from an eating disorder or from issues related to food, weight, and body image.

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