Step Six Readiness Worksheet

Write this on your own, then bring it to your sponsor. Type into the boxes, or print and write by hand.
Start with page 76 of the Big Book and the Step Six essay in the Twelve Steps and Twelve Traditions.
The middle column is the step. Anyone can name a defect; Step Six asks what it still does for you.

1 My Defects of Character

Use your Fourth and Fifth Step. Write each pattern in the words you would actually use — "I say yes because I want people to like me," not "approval-seeking."

The pattern, in my own words	What I get out of it	What it costs me	Ready?

AA readings Big Book, p. 76 · Twelve Steps and Twelve Traditions, Step Six

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2 The One I Am Not Ready to Give Up

There is usually one. The Big Book plans for it: if you still cling to something you will not let go of, you ask for help becoming willing. Naming it is not failing the step.

The pattern I want to keep

Honestly — what would I lose if it were gone?

What has it already cost me, with God and with the people around me?

3 The Same Move, Three Times

A defect is easier to believe in when you catch it in unrelated stories. Name three times this same pattern showed up with different people.

4 Becoming Willing

Step Six asks for readiness, not results. The 12 and 12 says most defects go by patient improvement, not removal in one sitting.

If I am not ready today, what would have to be true for me to be ready?

What am I asking for help with, in my own words?

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