

**Step Six**  
**Were entirely ready to have God remove**  
**all these defects of character**

**Summary**

- Character Defects are undesirable traits, attitudes, and beliefs that make our lives unmanageable, cause pain to others, and block our spiritual growth.  
*(Step Six Worksheet Character Defects Section) (Step Six Worksheet False Beliefs Section)*
- It is important to realize that the words “these defects of character” refer to the “exact nature of our wrongs” admitted in the Fifth Step.
- Step Six builds on the recognition that our malady has roots that run deeper than just our acting-out behavior.
- It requires the willingness to change fundamentally, to be free of the failings that continue to create serious problems in our lives.
- Our Step Four inventory revealed to us how defects revealed to us how defects such as resentment, self-centeredness, and self-pity led us time and again into our addictive behaviors.
- Our part is to become willing and ready for our Higher Power to move us toward healthier ways of being with our sexuality.
- By becoming ready to relinquish our defects, we show our willingness to do what it takes to stay abstinent.
- In working this step, we have found it helpful to refer to the list of character defects we made in our Step Four inventory and perhaps expanded with the help of our sponsor when we took Step Five.
- Our list includes all of the self defeating attitudes and behavior patters that have been revealed to us.  
*(Step Six Worksheet Unhealthy Behavior Patterns Section)*  
*(Step Six Worksheet Character Defects Section)*
- It is hard to let go of beliefs and behaviors that once helped us cope, or even kept us alive.
- Much of our resistance to change is based in fear. *(Step Six Worksheet False Beliefs Section)*
- We may feel as powerless over our defects as we did over our addictive sexual behaviors.
- We wondered how God could remove our character defects. But we need not concern ourselves with this in order to work Step Six.
- All we have to do is become willing, and leave the rest to our Higher Power.
- On the other side of every character defect is a character asset.  
*(Step Six Worksheet Character Asset Section)*
- Part of the process of becoming entirely ready is to practice these character assets in our actions and choices, instead of our defects.
- If we feel that we are not yet willing, we can pray to become ready to have these defects removed.
- We have learned that the Sixth Step is not a single event, but an ongoing process.
- We do not need to be willing to have all of our defects removed at once.
- And just as we stop acting our one day at a time, we can allow ourselves to be ready for changes in our character one day at a time.

**Principles**

- Willingness
- Courage
- Surrender

**Promises**

- As we let go of old ways of approaching life, and trust that God will reveal new ways, many of us begin to have a greater vision of what our life in recovery could be.
- When we pray or meditate on this step, new insights about ourselves and our shortcomings will often come to us.
- We are ready for real change, and our attention now turns directly to our Higher Power, so that we may ask in all humility for the help we need.
- It is time for Step Seven. *(Sex Addicts Anonymous, Pgs 40-43 Third Edition)*

## Step Six Worksheet

**Suggestions:** Sex Addicts Anonymous states, "In working this step(Step Six), we have found it helpful to refer to the list of character defects we made in our Step Four inventory and perhaps expanded with the help of our sponsor when we took Step Five." Based on this we suggest this form is filled out by the 5<sup>th</sup> Step listener, during the hearing of a 5<sup>th</sup> Step. The listener lists the character defects, assets, false beliefs, and patterns under the appropriate headings. Pages may be added and attached to the back of this sheet if need be. After the 5<sup>th</sup> Step is heard, the listener then gives this worksheet to the person who just gave the 5<sup>th</sup> Step if they are entirely ready to have all/some/ or even one of these character defects removed. If so they move on to Step Seven.

### Character Defects:

1. Selfishness
2. Greed
3. Blame
4. Self-Pity
5. Gossip
6. Perfectionism
7. Abusive
8. Manipulation
9. Dishonesty
10. Gossip
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### Character Assets:

1. Selfless
2. Generosity
3. Ownership
4. Self-Esteem
5. Praise
6. Flexible
7. Protective
8. Ability to Let Go
9. Honesty
10. Praise
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### False Beliefs

1. Sex is the solution to my internal emptiness
2. If I met the right person I would stop acting out
3. I can control my acting out
4. Acting out is more satisfying than non-addictive sex.
5. Sex and spirituality is incompatible
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11. \_\_\_\_\_

### Unhealthy Behavior Patterns

1. Avoiding Conflict
2. Isolating from others
3. Pursuing unavailable people
4. Using humor to mask pain
5. Getting high on people's affections to later reject them, when they get to close.
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**Character Defects:**

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**Character Assets:**

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**False Beliefs**

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**Unhealthy Behavior Patters**

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