

Step 6 Workbook v2: Were Entirely Ready to Have God Remove All These Defects of Character

Step 6: Were entirely ready to have God remove all these defects of character.

This step is about willingness. We stop clinging to what no longer serves us. It's not about perfection—it's about readiness. When we let go of pride, fear, control, and judgment, we create space for grace. Readiness invites transformation.

Reflection Questions

1. Which character defects are hardest for you to let go of—and why?
2. How do these defects serve or protect you, even if they cause harm?
3. What does being 'entirely ready' look like in your daily life?
4. Where do you still justify harmful attitudes or behaviours?
5. How do fear, resentment, or control still show up in your relationships?
6. What are you afraid might happen if you let go of a specific defect?
7. What spiritual principles do you want to practice in place of your old patterns?
8. What's the difference between self-improvement and spiritual transformation?
9. Where are you still trying to manage or edit your character defects?
10. How does humility shift your perspective on change?
11. What would it feel like to be truly free from your most toxic trait?
12. What are you willing to release today, even if it's uncomfortable?

Quotes from AA Literature

Big Book (4th Edition)

"Are we now ready to let God remove from us all the things which we have admitted are objectionable?" — Big Book, p. 76

"Can He now take them all—every one?" — Big Book, p. 76

"If we still cling to something we will not let go, we ask God to help us be willing." — Big Book, p. 76

Twelve Steps and Twelve Traditions

"This is the Step that separates the men from the boys." — 12 & 12, Step 6

"The difference between 'the boys and the men' is the difference between striving for a self-determined objective and for the perfect objective which is of God." — 12 & 12, Step 6

"We accept our shortcomings as facts and become willing to let go of them, one day at a time." — 12 & 12, Step 6

Plain Language Big Book

"We may not be entirely ready, but we can become willing to be willing." — Plain Language Big Book

"Step Six is about honesty. Are we truly ready to change, or just pretending?" — Plain Language Big Book

"Being ready doesn't mean we have to know how. It means we stop resisting the process." — Plain Language Big Book

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Affirmations

Write affirmations about your willingness to change and your openness to a new way of living.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for the willingness to let go of your character defects and trust the process of transformation.