

Step 7 Workbook v2: Humbly Asked Him to Remove Our Shortcomings

Step 7: Humbly asked Him to remove our shortcomings.

This is the step of humility. True humility is not self-deprecation—it's self-honesty. We acknowledge we can't remove our defects through willpower alone. We ask for help, not to become perfect, but to become free. Step 7 is where grace meets willingness.

Reflection Questions

1. What does humility mean to you—and how is it different from humiliation?
2. What keeps you from asking for help with your shortcomings?
3. What would it look like to stop managing your image and start embracing change?
4. How have your shortcomings harmed you or others, even when unintentional?
5. What do you hope life would feel like without these old patterns?
6. How do pride or fear still block your willingness to grow?
7. What would it mean to let your Higher Power—not your ego—lead your healing?
8. What's one defect you're truly ready to let go of—and why now?
9. Where are you still trying to earn love instead of receiving it?
10. How does humility open the door to grace?
11. What would change if you truly believed you were loved—even with your flaws?
12. What's one area of your life you want to surrender more deeply to your Higher Power?

Quotes from AA Literature

Big Book (4th Edition)

"We were now at Step Seven. We humbly asked Him to remove our shortcomings." — Big Book, p. 76

"The chief activator of our defects has been self-centered fear." — Big Book, p. 76

"Faith without works is dead." — Big Book, p. 76

Twelve Steps and Twelve Traditions

"The attainment of greater humility is the foundation principle of each of AA's Twelve Steps." — 12 & 12, Step 7

"Indeed, the attainment of greater humility is the foundation principle of each of AA's Twelve Steps." — 12 & 12, Step 7

"We never thought of making honesty, tolerance, and true love of man and God the daily basis of living." — 12 & 12, Step 7

Plain Language Big Book

"Humility isn't thinking less of yourself—it's thinking of yourself less." — Plain Language Big Book

"We ask our Higher Power to help us change, because we know we can't do it alone." — Plain Language Big Book

"Step Seven is where we stop trying to fix ourselves and start letting ourselves be transformed." — Plain Language Big Book

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Affirmations

Write affirmations about humility, honesty, and your readiness to let go of what no longer serves you.

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

Prayer Reflections

Write a prayer asking your Higher Power to remove the defects that stand in the way of your usefulness and peace.