

Hello Folks,

Looking forward to seeing you on zoom. Please check your email for the date and time of the next session. All times are Eastern Time (Toronto/New York) The ZOOM LINK is also on your registration email. If you didn't get an email, please email [coiquicksteps@oaontario.org](mailto:coiquicksteps@oaontario.org) and let us know.

Here are the meeting materials for steps 6 and 7. Please read steps 6 and 7 in the OA 12 & 12, if you have it, or in the Big Book Excerpts, on p. 2 of this document. The big book doesn't say very much about steps 6 and 7, so I suggest you read the OA 12 & 12. If you don't have it, you can order it from World Service, but it may not arrive for a while. You can also download a kindle version or buy it in paperback on Amazon (cost is the same, as World Service, I think!). Or you might be able to borrow or buy a copy from your local OA group, even if they are not meeting in person.

You can also read the AA 12 and 12 instead. The AA Big Book and the AA Twelve Steps and Twelve Traditions Book are available for free - by PDF or Audio at:

[https://www.aa.org/pages/en\\_US/read-the-big-book-and-twelve-steps-and-twelve-traditions](https://www.aa.org/pages/en_US/read-the-big-book-and-twelve-steps-and-twelve-traditions)

Below are the 6th step charts and the Steps 6 and 7 Writing Suggestions.

The schedule is the same as Days 1 and 2.

Introduction ~ 15 min

Writing on Step 6 & 7 ~ 30 min

Explain the Sharing ~ 5 min

Sharing on Step 6 & 7 ~ 30 min

Wrap up ~ 10 min

See you soon!

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## **BIG BOOK EXCERPTS**

### **OA Quick Steps**

**STEP SIX: Were entirely ready to have God remove all these defects of character.**

p. 76

If we can answer to our satisfaction [that steps one to five are solid and complete], we then look at Step Six. We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all - every one? If we still cling to something we will not let go, we ask God to help us be willing.

**STEP SEVEN: Humbly asked Him to remove our shortcomings.**

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When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." We have then completed Step Seven.

## **WRITING SUGGESTIONS**

### **OA QUICK STEPS**

#### **STEPS 6 - 7**

#### **Writing Suggestions, Prayers and Meditative Readings related to the 12 steps of Overeaters Anonymous**

Taken from Alcoholics Anonymous and The 12 Steps and 12 Traditions of Alcoholics Anonymous

per OA's 10th Tool, AA Literature.

**Writing Suggestions** from the O.A. Sponsorship Guide  
and some added by Pat G.

#### **Serenity Prayer**

God grant me the serenity , to accept the things I cannot change;  
courage to change the things I can; and wisdom to know the difference.

**STEP SIX: Were entirely ready to have God remove all these defects of character.**

**FIRST** - Look at the Fourth Step inventory that you filled in last time. Look at the 4<sup>th</sup> column of your 4<sup>th</sup> step inventory. ("The Role That I Played.") Make a list of the character defects that

emerge from that column. Fill in column 5 on your 4<sup>th</sup> step with those defects. For example, if someone humiliated you, there might be anger, fear, and/or shame involved. There is a list of possible character defects on the last few pages of your Writing Suggestions Handout. If you are looking at fears – the only defect might be Fear. But there might also be others. Look at the last column of the big book method chart and look at the overall chart for the alternate method fear chart. For Harms – Sexual and Other – look at the second column, What I did.

**SECOND** - Select 2 or 3 character defects that are plaguing you the most right now. Fill out the chart below. (See p. 10 for full chart.)

Character Defect	How it helps me	How it harms me	Opposite Virtue

Or you can do it with or without a chart and answer a third question:

Defect

How it helps me

How it harms me

Where else it appears in my life

Virtue

**STEP SEVEN: Humbly asked Him to remove our shortcomings.**

**THIRD - 7th Step Prayer**

Write out in your own words: “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.” (Alcoholics Anonymous, Page 76)

Please save the last 5 or 10 minutes of your writing time to write out the **7<sup>th</sup> step prayer** in your own words. There are two ways to do your 7<sup>th</sup> step prayer.

1. You can say a general one.
2. I find it is more helpful, however, to ask your higher power to remove each defect and replace it with the opposite virtue. For example: Higher Power, (or whatever word you use for Higher Power), please remove my resentment, and help me to love, accept and forgive myself, love accept and forgive others.

If you are not spiritual, then I suggest stating your intention daily. Today I intend to let go of perfectionism and know it’s okay to be human.

People often ask, “What is the difference between self-seeking and selfish?” There may be lots of interpretations. Here are two possible ones:

Selfish – Is wanting more than your fair share of power, money, attention, material goods, status, etc.

Self-seeking – is having a driven-ness, or negative attitude towards, or having inappropriate behaviour while, trying to get your fair share of power, money, material goods, status, love, respect, attention.

For others:

Selfish – is an attitude.

Self-seeking - is an action.

Please note that character defects, may also be called character traits. They often have a light and dark side. For example, the character defect of stubbornness is “perseverance” when used towards a healthy goal. Using your character traits rightly is often the key.

### **Small Group Guidelines:**

Please remember to keep everything you hear confidential. That means you do not tell anyone inside or outside of OA what you have heard. Please set judgments aside and listen with an open heart. Also, please respect the OA tradition of No Cross Talk – do not interrupt, comment upon or refer to what another person has shared or give advice. Do not share outside resources. ASK ME FOR HELP IF you have a question or anyone is giving inappropriate feedback or not respecting the timelines.

N.B. The only exception to confidentiality is an extreme circumstance. For example, by law we must report suspicion of child abuse. Your conversation with your small group is not privileged under the law. If you are about to reveal a breach of the law, we advise you to speak to someone with whom you could have a protected conversation, such as a lawyer or licensed clergy person.

### **6<sup>th</sup> & 7<sup>th</sup> Step Sharing**

Start with the SERENITY PRAYER

Choose a TIMEKEEPER

NO CROSSTALK

Ask for HELP if you have a question or a problem.

**Step 6** - Read out your sixth step slowly across each row.

**Step 7** - In your own words, offer up each defect to your higher power. And then ask your higher power to replace it with the corresponding virtue. Go across each row of your 6<sup>th</sup> step chart and ask for each defect to be removed, and ask your higher power to give you the corresponding virtue.

**And/or** say the Seventh Step prayer in your own words. “My Creator, I am now willing...” (But in your own words.) It is optional to take a posture of humility as you say the Seventh Step prayer.

Continue to pray for the release of these character defects for the next two weeks or until they have been removed. (I found it helpful to do this for over a year. Without this morning prayer, I was always forgetting what my defects were!) You might put post-it notes on your bathroom mirror, or car dashboard, or write them on cards, put them into your God Box, or any other way that suits your lifestyle and your spiritual practice.

## STEP 6 - CHARACTER DEFECTS VS. VIRTUES

### [Pride](#) / [Humility](#)

Humility is seeing ourselves as we are and not comparing ourselves to others. Humility is knowing that we are neither better, nor worse than any other human being. False Pride is the belief that you are above others. False Shame is a belief that you are below others. Humility is being right sized. Pride and vanity are competitive.

### [Avarice/Greed](#) / [Generosity](#)

This is about more than money. Greed wants to get more than it's fair share of anything – for example: money, status, power, love or attention. Generosity means feeling happy when others get - and letting others get - credit, praise, status, power, love, or attention when that is appropriate. It is giving without having expectations of the other person.

### [Envy](#) / Contentment

"Love is patient, love is kind..." Love actively seeks the good of others for their sake. Envy resents the good others receive or even might receive. Underneath envy is often a conscious or unconscious belief that we are not good enough. And that it is our fault that we don't have what others have.

### [Wrath/Anger](#) / Kindness/Love/Patience

Kindness means taking the tender approach, with patience and compassion. Anger is often our first reaction to the problems of others. Impatience with the faults of others is related to this.

### [Lust](#) / Self-control.

Lust is different from sexual desire. Sexual desire is a normal healthy human trait. Lust is when we fan the flames of sexual desire towards someone who is not appropriate for us or when we give in too much to our sexual desires in a way that hurts us or others. A conscience and self-control and self-mastery are what we need to prevent sexual desires and actions from becoming hurtful.

### [Gluttony](#) / Moderation

Moderation accepts the natural limits of pleasures and preserves this natural balance. This does not pertain only to food, but to entertainment, fantasy, partying and other things we want.

### [Sloth](#) (4) [Zeal](#)

Sloth is the avoidance of physical or spiritual work. Zeal is the energetic response of the heart to God's commands. The other sins work together to deaden the spiritual senses so we first become slow to respond to God and then drift completely into the sleep of complacency.

## Character Defect / Virtue

Abusiveness - Gentleness/Nurturing

Abusing Power – Respecting and serving others

Accusing – Owning my part/Fairness/Communicating my anger in a healthy way

Aggression – Assertiveness/Kindness

Aggression – slamming doors, banging table, hitting walls – Expressing my anger in a healthy (calm) way. Saying what I want calmly.

Anger - Calm/Tolerance/Peace/Patience

Anger-expressed/ Restraint of tongue/pen/keyboard

Anger at self – Self-forgiveness/Letting go of Blame/Shame/Guilt that does not belong to me/God-approved Self Approval

Anxiety – Faith, Reliance on HP

Arrogance - Humility

Avoidance – Presence/Facing your stuff/Prompt Action

Bitterness – Honour my anger, and then allow myself to feel empowered and grateful for what is good.

Bullying – Assertiveness/Kindness/Allowing

Busybody – Focusing on my own life/ Letting Go and Letting God.

Blaming Others – Taking Responsibility for my part/Gratitude/Praise others

Blaming Self – Self-forgiveness/Letting go of Blame/Shame/Guilt that does not belong to me.

Blackmailing – Letting go, restraint of action.

Bragging – Humility/praising others

Cheating – Honesty/Integrity/Disclosure

Cheating – Having integrity/Honesty/Behaving respectfully

Codependence – Not doing for others what they can do for themselves. Letting others experience the natural consequences of their actions.

Comparing Self to Others – Self Esteem/God Focus

Competitive – Co-operative/Self Esteem

Complacency – earnest, focused, attentive

Condescension – Respect/Humility/Acceptance

Controlling – God Reliance/Letting Go/Allowing

Countering (constantly disagree) – Validating others opinions and my own, engaging in dialog.

Criticism - Love/Acceptance/Celebration of self and others

Denial/Living in Illusion – Mindfulness/ Living in awareness

Defiance – Reliance on HP, respectful of authority

Defensiveness – The ability to say “Thank you for this feedback,” and listen and try to understand, before giving my side or asserting my innocence.

Destroying Property – Respecting property

Despair – Hope

Discounting – Respecting/Validating

Dishonesty – Honesty/Authenticity

Disrespect - Respect

Driven-ness – Serenity/Surrender/Letting Go and Letting God/Know it’s not up to me.

Dismissing my feelings – Honouring my feelings.

Dismissing someone else’s feelings or experiences – Honouring, listening, validating others feelings or experiences.

Envy – Gratitude/Love – letting go of shame about what I have done or not done that led to my not having what another has.

Enabling – Not doing for others what they can do for themselves. Letting others experience the natural consequences of their actions.

Entitlement – Knowing that other people and the world do not owe me anything. Knowing that I deserve my fair share of love, money, status, etc, but no one is **obligated** to give those to me.

Favouritism - Fairness

Fear - Faith/Courage/God Reliance

Forgetting – Mindfulness/Awareness

Gas-lighting – (Making someone else feel crazy by lying, twisting the truth, hiding things, etc.) – restraint of action – forgiving others.

Give up – Persevere

Giving others guilt trips – Saying what I want or how I feel clearly. Respecting a “no” answer.

Grandiosity – Humility  
 Grudge/Resentment – Forgiveness  
 Gluttony – Moderation  
 Gossip – Restraint of Tongue  
 Greed - Generosity  
 Guilt (excessive or inappropriate) – Acceptance/Self Forgiveness  
 Harassing others – Restraint of tongue and actions  
 Infidelity - Commitment/Faithfulness  
 Insult – Praise/Appreciation/Expressing my anger in a healthy way  
 Insult disguised as a joke – Respect/Praise/Communicating my anger in a healthy way  
 Interference – Helping only when asked, letting go and letting God.  
 Interrupting others – Listening well, having patience  
 Irresponsibility – Responsibility  
 Irritability – Serenity/Acceptance/Love  
 Intimidation – Using a calm tone, having relaxed facial expression and body language.  
 Insecurity – Confidence  
 Justifying – Knowing that no matter what that person did to me, I am not justified in hurting them back.  
 Judgment – Love/Acceptance/Celebration of others  
 Killing – Reverence for Life  
 Know-it-all – Humility  
 Laziness (Sloth) – Energy/Zeal/Discipline  
 Lying – Telling the Truth  
 Lust – Self Control  
 Manipulation – Assertiveness/ Accepting other people’s right to say no/ Saying clearly and directly how I feel and what I want.  
 Magnifying my faults – Humility/ I am no less and no more than others.  
 Magnifying other’s mistakes – Humility/ Seeing self and others clearly  
 Murder – Restraint/Respecting others  
 Name-calling/Restraint of tongue/pen/keyboard  
 Nervousness – Serenity/Trusting God/Calm/Centred/Grounded  
 Obsession – with cleanliness, order, safety, another person, food, sex, money, status, anything else. – Letting go, Trusting, Putting things in perspective.  
 Ordering – Being respectful/Being a partner with or a good team member  
 Over-Helpful/ Help only when asked, balance self care with service.  
 Over-responsible – Letting Go/Allowing  
 Over-scheduling – Spaciousness with Time  
 Over-work – Balancing Work/Play/Rest/ Letting Go and Letting God  
 Overwhelm – confidence that there is enough time and enough space for everything my HP wants me to do today.  
 Patronizing – Speaking respectfully, seeing the person as a capable adult.  
 Pessimism – Hope/Optimism/Realism  
 People-Pleasing – God focus/Serenity  
 Perfectionism – Humility/Surrender/Softening  
 Personalizing – Detachment/Knowing what doesn’t belong to me.  
 Physical Harm of humans or animals – Restraint/Respect for life.

Poisoning someone's mind against another person. – Restraint of tongue.  
 Power-hungry – Letting go of power over others and finding power from within.  
 Pride – Humility  
 Pretending to be something I'm not – Being myself/Being Honest  
 Pressuring others to do what I want – Respecting other's right to decide for themselves, say no.  
 Procrastination - Zeal/Prompt Action  
 Projecting my motives onto others – Owning my stuff  
 Put Down or discourage others ideas – Encourage others ideas  
 Put down – criticize others – Build up – praise others  
 Resistance – Willingness  
 Restlessness – Calm/Focus/Relaxation/Serenity  
 Sabotage – Respecting others actions, projects, Letting go.  
 Scape-goating – Fairness  
 Selfishness – Altruism/ Generosity/ Service  
 Self-seeking – God Centred  
 Self-pity – Honouring my sadness and then finding a way to feel Empowered/Energized/God  
 Reliant  
 Self-Righteousness – Humility/Openness  
 Sexual Obsessions – Healthy Sexuality  
 Sexually Abusing others – Restraint/Respecting others  
 Shame - Humility  
 Status Seeking – Humility, feeling good enough without needing special status.  
 Stalking others – Respecting others “no” answer, respecting other's privacy.  
 Stinginess – Generosity  
 Stealing – Respecting the property of others.  
 Swearing/Restraint of Tongue  
 Tardiness – Promptness  
 Taking responsibility for things that are not my fault. (Guilt Vacuum Cleaner) – Letting go of  
 responsibilities that aren't mine.  
 Taking advantage of my position of power. – respecting and protecting those I have power over.  
 Taking advantage of someone who came to me for help – respecting and protecting others.  
 Healthy boundaries.  
 Thievery - Giving/Honesty/Respecting others' property  
 Thoughtlessness – Consideration  
 Threatening – Expressing my anger in a healthy way (Saying calmly how I feel and what I want.)  
 Trivializing – Validating  
 Torturing people or animals – Respect and protect people and animals. Kindness  
 Undermining – Empowering  
 Vandalism – Respecting other's property.  
 Vengeance – Forgiveness  
 Victim Mentality – Feeling Empowered/ awareness of choices/ taking responsibility for my life.  
 Withholding – Nurturing/Generosity  
 Withdrawal – Intimacy/Presence/Communication  
 Worry – Trusting God/ Trusting the process of life.  
 Yelling - Restraint of tongue



**STEP 6**

CHAR DEFECT	HOW IT HELPS ME	HOW IT HARMIS ME	OPPOSITE VIRTUE