

AA Step 6 Worksheet

PATIENT INFORMATION

Patient Name: _____ Date: _____ dd / mm / yyyy

Therapist/Counselor Name: _____ Session Number: _____

Step 6: "We are entirely ready to have God remove all these character defects."

Character Defects - List the character defects you've identified during your self-reflection:

Specific Examples - Describe specific incidents or situations where these character defects have manifested. Provide details.

Willingness to Change - On a scale of 1 to 10, how willing are you to let go of these character defects and work on personal growth? (1 = Not willing, 10 = Completely willing)

1 2 3 4 5 6 7 8 9 10

Higher Power Connection - Reflect on your belief in a higher power or spiritual force. How can this belief support your journey to overcome your character defects?

Action Steps For each character defect, outline actionable steps you plan to take for personal growth and addressing these defects.

Character Defect 1: _____

Action Steps for Character Defect 1:

Character Defect 2: _____

Action Steps for Character Defect 2:

Character Defect 3: _____

Action Steps for Character Defect 3:

Sharing and Discussion Share your completed worksheet with your sponsor or counsellor during your next session. Discuss your insights and action plans.

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