

AA Step 7 Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Humbly asked Him to remove our shortcomings.

UNDERSTANDING STEP 7

What does humility mean to you?

How is humility different from humiliation or shame?

REVIEWING YOUR CHARACTER DEFECTS

From your Step 4 inventory and Step 6 work, list 3-5 character defects you're ready to have removed:

THE PRACTICE OF HUMILITY

Check the behaviors that demonstrate humility in recovery:

- ☐ Admitting when I'm wrong
- ☐ Asking for help when needed
- ☐ Listening to feedback without defensiveness
- ☐ Making amends when appropriate
- ☐ Accepting that I don't have all the answers
- ☐ Being patient with my progress
- ☐ Showing gratitude for support received
- ☐ Other

PRAYER AND MEDITATION

Write your own Step 7 prayer or reflection:

How will you incorporate daily prayer/meditation into your routine?

ACTION STEPS

What specific actions will you take this week to practice humility?

Who in your support network can help hold you accountable?

REFLECTION NOTES

Specify below: