

OA Desert Recovery

June 2022 - Step Six

“WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.”
[Spiritual Principle: Willingness]

I think what I love most about Step Six is the opportunity to really look closely at a defect and ask... *What is this doing TO me?* Opportunities lost and relationships damaged or lost... I need to recognize and admit to harm done. AND, *what is this doing FOR me?* There is always some reward or payoff that I need to acknowledge and be willing to let go of. That means preparing to loosen my vice-like grip on whatever character defects HP wants to reduce, enhance, or remove – “good” or “bad” – and I pray to become completely willing. ~Neva

My sponsor listened to my 4th step and took notes. I thought she was impressed. After we were done, she presented me with a list. Not notes, instead it was my sixth step defect list! She told me to look over the list to see if there was anything I had trouble giving up. I looked. And froze inside. Controlling. If I was not in control, it was out of control. My sponsor simply told me to pray for willingness. No gasps, no condemnation, no pushing. Just loving help for the confusion. ~Becki

I've been in OA for 21 years and for 20 of those years I treated Step Six as a Talking Step. I expected or wished or hoped that my HP would magically take away my defects while I slept. I would wake up as a person willing to live my life defect-free. I have learned how foolish this thinking is. Step Six is an Action step. Willingness is the Spiritual Principle. I must be willing to Act As If my defects are gone and my behavior is appropriate . . . then I will become the person I am acting to be. Step Six is truly Awareness, Acceptance, and Action at work. ~Janis

Step Six says, “Were entirely ready to have God remove all these defects of character.” What that meant for me was that I had to be willing to let go of my old ways of thinking and my old ways of reacting. I could clearly see that my defects of character were holding me back from living a life of usefulness to me, to God, and to others. I am grateful that when I was ready, God did remove my defects of character. I had to do the foot work by stopping myself from using them, and slowly they seemed to disappear from my consciousness. ~Anonymous

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