|  |  |
| --- | --- |
| Step 6 Were entirely ready for God to remove all these defects of character  6I Expectations and Isolating | |
| Having expectations in life is not a defect of character. However, our reactions to when our expectations are not met can be.  We can:   * Continue to be hurt when our expectations are not met. * Continue to hurt others by our reactions when they have not met our expectations. * Isolate when our expectations are not met. | |
| What are the expectations that I still have for the world? |  |
| What expectations of mine have caused relationship problems? |  |
| What have I done when my expectations have not been met?  What damage have I done to relationships at those times? |  |
| What things drive me to isolate and deny my hurts even though I have been in recovery? |  |
| How can I use the program to let go of my expectations and to change my reactions when my expectations are not met? |  |
| How can I put my expectations into a higher power’s hands and let go of the results?  How can I share my hopes and dreams without letting those become expectations? |  |