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| Step 6 Were entirely ready for God to remove all these defects of character6I 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.
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| 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? |  |