

## 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?	