

Step 7—Humbly asked God to remove our shortcomings

7D—Pride and Patterns of shame / Excessive submission to someone else

A “shortcoming” means that there is something better that we are missing. In step 7, we are not asking our higher power to destroy part of us. Instead, we are asking that a deformed part of our character be transformed into a better character trait. Part of working this step is to get a vision of what life would be like with that better trait.

If I indulge in Pride or submit to the wrong person, who is harmed?

Every character defect shares a human impulse with noble character strengths. Often, the character defect is born out of misdirecting that human impulse. Pride is born from a sense of self. Other character traits born from a sense of self include “Self Confidence”, “Self Assuredness”, “Leadership”, and “Charisma”. We gain those character strengths by transforming Pride through love and compassion into service to others. If we are over submissive, we gain by reclaiming our sense of self worth.

Which change would I like to have and why?

What parts of my life would best be put in my higher power's hands in order to have these character strengths?

What might my life look like to be living with these character strengths? How would Humility and Compassion affect my actions?

Often, we gain the love and compassion we need through making amends. Am I ready to ask my higher power to change my life to achieve this strength of character? What would it take for me to be ready and actually ask for this?

What would be appropriate amends to make the next time I indulge in that character defect? To myself? And to the other person?

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