

Step 7—Humbly asked God to remove our shortcomings

7F—Self-Righteousness & Perfectionism / Lack of standards

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.

Self-Righteousness and perfectionism has its roots in being able to see how things could be better. We want the approval for saying the right things. We see the mistakes and shortcomings of others as well as ourselves.

We can transform that defect into a vision that offers hope to others. Another way is to use it to simply offer help.

How will I and others be hurt if I indulge in self-righteousness and perfectionism?

How have I missed out on love and connections through my critical eye?

As adults, saying the right things has power only as we do the right things. That means we need to first make amends for our failures before we speak.

How can doing amends for past self-righteousness help me to gain compassion for others and their inability to meet my standards?

What might be good amends?

How can my having boundaries help other people see their defects on their own?

<p>How can I have joy in other people even with their “glaring defects” and watching them have consequences in their lives?</p> <p>How can I trust that a caring higher power will take me through any situation that their character defects might cause?</p>	
<p>How would I need to allow a higher power to act on other people’s defects in order to not judge them myself?</p>	
<p>How is my connection to love helping me not take on other people’s issues as my own?</p>	