

Step 7—Humbly asked God to remove our shortcomings

7G—Rage & Resentments / Refusing to acknowledge anger

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 reformed 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.

Resentment and Rage

Rage is not just about getting angry in response to a situation. Rage is about causing fear in other people so that I can get my own way.

If I indulge in this character defect, who is harmed?

How have I been harmed by not admitting to my anger?

What would be appropriate amends to make the next time I indulge in that character defect?

To myself? And to the other person?

A character defect is a character strength that is out of balance or directed towards the wrong person. What is the character strength of which this defect is a distortion?

(Rage is often about fear. One character strength for dealing with fear is Courage. Resentments are born from our sense of moral right and wrong. One better strength is living in accordance with our sense of what is right. That includes both Integrity and Wisdom.)

What parts of my life would need to be put in my higher power's hands in order to have this

character strength in balance?	
What might my life look like to be living with this character strength in balance? How would Humility and Compassion affect my actions?	
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?	