

Step 7—Humbly asked God to remove our shortcomings

7H—Selfishness, Self Centeredness / Not caring for self

A “shortcoming” means that there is something better that we are missing. In step 7, we ask 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.

Behind selfishness is a strong sense of self and a misplaced set of boundaries. We have good boundaries, but they are placed in the wrong place. A sense of self could also be used to provide “leadership”, teaching, and good management.

Selfishness comes from not being connected with others. We don’t see that our loneliness comes from the hurt we have caused others. We need a “healthy selfishness” where we are connected with others yet have the correct boundaries to take care of ourselves. We need to put selfishness in balance where we are selfish to protect ourselves from harm and sharing with others to help us connect with them.

What kinds of hurts do I cause when I indulge in this character defect?	
What might be appropriate amends for those hurts?	
Selfishness continues when we do not have a good sense of what are proper social interactions. How can I get guidance for future social interactions?	
How can I turn my sense of self, my relationships, and how I react to my shortcomings over to a higher power?	

What would it be like to ask a higher power for compassion?

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