

Step 7—Humbly asked God to remove our shortcomings

7I—Sloth, Procrastination / busy in the wrong areas

Behind Sloth and Procrastination is the human characteristic of not wanting to do stuff that doesn't need to be done. Indeed, we do well to not do what doesn't need to be done. When this characteristic is tempered in other ways, it comes out as creativity, inventiveness, organization, and some parts of leadership. When we are overly busy in the wrong areas, we use up our energy, time, and resources doing the wrong actions.

These character defects are hard to identify and solve because they are so passive or they appear so noble while our lives are falling apart in secret. What can I see of these defects in my life?

How can I identify when I am engaging in them?

The main persons we harm are ourselves. How have I harmed myself and those I love through not taking the actions I needed to or by doing for others instead of myself?

Because this hurts us, the amends to make is to ourselves. One deep way of making amends is to ask for help with this characteristic. We can ask for help with organizing, or ask for help to get extra muscles to move stuff, or ask for help with finances.

What is the first way to make amends to myself and those I love for this lack of proper action?

What are the signs that I need to be aware of this defect returning?

<p>What parts of my life would best be put in my higher power's hands in order to have these character strengths?</p> <p>How can I have compassion on myself when this returns?</p>	