

## Step 6 Were entirely ready for God to remove all these defects of character

### 6E Self-righteousness and Perfectionism

**Self-righteousness** is not the steady confidence of those with great ability. Instead it is that which drives us to try to be superior to those around us.

**Perfectionism** is that constant dissatisfaction with myself and others.

How much do I reject gentle admonitions because “I know better”? Or take any challenge as a personal attack?

How do I react to those who blame me for their failures or feel that they are blaming me for all when they have some responsibility?

How can I recognize that I am having self-righteous anger?

How much do I push to be the one that others have to rely on?

How much need do I have to be the expert at work, or the best at recovery?

How much do I need to be in charge at home?

What has this need cost me in health, relationships, and lost opportunities at work?

Do I structure relationships so that I am subtly or overtly always the boss?

How much do I blame others when things go wrong?

Have I been able to accept my failings in such situations?

How can I face my own shortcomings?

<p>How much does my addiction love it when I fall back into these patterns?</p> <p>How can being “always right” justify taking addictive actions in my mind? (I deserve reward for putting up with this.)</p>	
<p>How can I turn my <b>sense of importance</b>, my <b>relationships</b>, and <b>how I react to my shortcomings</b> over to a higher power?</p>	