

Step Seven - "Humbly Asked for Removal"

Your Sponsor's Companion Packet

1 Sponsor's Warm Welcome

You've done the courageous work of Step Five and declared your readiness in Step Six. Step Seven is the natural, logical, and immediate next action: you humbly *ask* for the removal of those shortcomings.

This isn't a negotiation or a bargain. It's a simple, humble request. It's the moment we stop *striving* to fix ourselves and instead *ask* our Higher Power to do the work. Step Six was the open window; Step Seven is the breeze of fresh air coming through.

2 Core Concept - The Humble Request

"Humbly asked Him to remove our shortcomings."

The Big Book (4th ed.) instruction for this step is simple, direct, and powerful. It is given to us immediately after the instruction for Step Six.

Section	Pages	What It Highlights
"Into Action" (Primary)	p. 76	This is the <i>entire</i> instruction for Step Seven. It is the simple, powerful prayer that we say.
12x12 - Step Seven Essay	pp. 70-76	This essay is an excellent deep dive into the true meaning of "humility" and what it means to "ask."

3 What to Do This Week

Action	How to Do It	Approx. Time
Read the Big Book Instruction (p. 76).	Read the paragraph on Step Seven. Notice the key	5 min

	word: "humbly."	
Find a Quiet Time and Place.	This is a personal and private moment. Go somewhere you will not be interrupted.	5 min
Say the Step Seven Prayer.	(See box below). Say the prayer from page 76 aloud. Say it from the heart.	5 min
Practice This Daily.	This isn't a "one and done" step. Make this prayer a part of your daily practice (e.g., when you wake up).	2 min daily
Read the 12x12 Step-Seven Essay.	This will give you profound insight into the spiritual principle of humility.	20 min
Discuss Your Experience.	Talk with your sponsor about what it felt like to "humbly ask."	15-30 min

The Step Seven Prayer (from Big Book, p. 76)

When we are ready, we say something like this:

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

4 Tradition Seven - "Every A.A. group ought to be fully self-supporting, declining outside contributions."

This tradition is about spiritual and financial independence. Just as the A.A. group relies on *only* its own members and a Higher Power (declining "outside contributions"), Step Seven is where we become spiritually self-supporting.

In this step, we stop relying on the "outside contributions" of our own ego, self-will, or "quick fixes" to remove our defects. We humbly admit that our own power is insufficient. We place our trust *only* in the "inside contribution" of our Higher Power to do the work. This humble

reliance is the source of our strength, just as it is for the group.

5 Common Emotional Hurdles

Hurdle	Why It Pops Up	Simple Coping Tool
Feeling "Unworthy"	Shame over the defects. Feeling "unworthy" of having them removed.	This is why the step says "humbly." Humility is just seeing the truth. The truth is, you <i>can't</i> do it, but your Higher Power <i>can</i> .
Impatience / Doubt	"I asked, but I still feel angry / fearful / selfish."	This is a prayer, not a magic wand. We ask, and then we <i>practice</i> living as if the prayer is being answered. Change is gradual.
Fear of "Being Too Demanding"	Mistaking a humble request for a "demand" to God.	The prayer is one of surrender: "that <i>I may better do Thy will</i> ." It's a request to be of service, not a request for <i>comfort</i> .
"What if I don't mean it 100%?"	Fearing you're not humble "enough."	Don't worry. <i>Saying the prayer</i> is the action. The willingness from Step Six is all you need. Be "willing to be made willing."

6 Reflection & Integration (Your Personal Worksheet)

- The "Ask":** Did you say the prayer from page 76? [Yes] [Not Yet]
- Rate Your Humility:** While asking, how humble did you feel? (1 = Just saying words, 10 = Deeply meant it)
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
- Physical Sensations:** What did you notice in your body during or after the prayer? (e.g., "shoulders relaxed," "felt a sense of calm," "cried")
- One Concrete Sign of Change:** What is one small change you will *look for* this week? (e.g., "Pausing before I react in anger," "Telling a small truth instead of a small lie")
- Journal Prompt:** What does "humility" mean to you today, after saying this prayer?

7 Suggested Follow-Up Reading

Source	Pages / Sections	What to Highlight
Big Book - "Into Action" (Primary)	p. 76	The Step Seven Prayer. This is your primary tool.
12x12 - Step Seven Essay	pp. 70-76	The beautiful description of humility as "a clear channel" for God's power.
12x12 - Tradition Seven Essay	pp. 162-167	The discussion on "poverty" (humility) as a spiritual principle.

8 Moving Toward Step Eight

You have "humbly asked." Now, the Big Book says, "we have a list of all persons we had harmed and to whom we were willing to make amends. We made it when we took inventory."

The next logical step is to act on that list. Your prayer for removal (Step Seven) gives you the spiritual strength and humility to tackle Step Eight: "Made a list of all persons we had harmed, and became willing to make amends to them all."

9 Quick-Help FAQ

Question	Short Answer
What if I feel nothing changes?	Trust the process. Change is often subtle. You've "planted the seed." Your job now is to act as if it's growing. Look for small shifts, not earthquakes.
Do I have to use the exact prayer?	The Big Book says we say "something like this." However, this prayer is powerful, precise, and has worked for millions. It is highly recommended.
What if a defect comes back?	It will! This is a daily practice, not a one-time cure. When the defect appears, you simply say the prayer again. "I pray that you <i>now</i> remove..."

10 Final Encouragement

You have taken a courageous and humble step—asking for spiritual help to remove the traits that have controlled you. This act of "asking" is one of the most powerful things you will ever do. Even if the change feels invisible at first, trust that the process has begun. You have aligned your will with that of your Higher Power, and that is a profound act of faith.

-Your Sponsor