

Step Six - "Being Ready for Removal"

Your Sponsor's Companion Packet

1 Sponsor's Check-In

You've done the courageous work of Step Five—you've "cleaned house" and let the sunlight in. Now, standing in this clean room, we can see the "defects of character" that are left.

Step Six asks you to become "entirely ready" to have those defects removed. It's a step of pure willingness. Think of it this way: In Step Three, you *made a decision* to turn your will over. In Step Six, you *practice* that decision on a deeper level, specifically concerning the selfish and fear-based patterns you uncovered in Step Four.

2 Core Concept - Willingness to Let Defects Be Removed

"Were entirely ready to have God remove all these defects of character."

The Big Book (4th ed.) instruction for this step is simple, direct, and powerful. It follows immediately after the promises of Step Five.

| Section | Pages | What It Highlights |
|-------------------------|-----------|---|
| "Into Action" (Primary) | p. 76 | This is the <i>entire</i> instruction for Step Six. It's two powerful paragraphs that ask us to look at our defects and become willing. |
| 12x12 - Step Six Essay | pp. 60-67 | This essay is an excellent deep dive into <i>what</i> readiness means and why it's a "striving for" progress, not an "arrival at" perfection. |

3 What to Do This Week

| Action | How to Do It | Approx. Time |
|-------------------|-------------------------|--------------|
| Read the Big Book | Read the two paragraphs | 10 min |

| | | |
|--|--|--------------|
| Instruction (p. 76). | on p. 76. Do this slowly, several times. | |
| Make a "Defects List". | Go back to your Step Four inventory (Part 1, Col. 4 & Part 2). List the key defects: Selfishness, Dishonesty, Fear, Self-Seeking , etc. | 15 min |
| Complete the "Willingness Mirror" Exercise. | (See box below). This is a powerful way to put the step into action. | 10 min daily |
| Talk This Over With Your Sponsor. | Share your list of defects and talk honestly about any you are <i>not</i> ready to part with. This honesty <i>is</i> the willingness. | 30 min |
| Read the 12x12 Step-Six Essay (pp. 60-67). | This will help you understand the common roadblocks and the difference between readiness and perfection. | 20 min |

The Willingness Mirror Exercise

1. Gather your list of the key character defects you uncovered in Step Four (e.g., "Pride," "Selfishness," "Fear," "Dishonesty").
2. Stand in front of a mirror.
3. Look yourself in the eye and read each defect aloud. After each one, say: "I am entirely ready for my Higher Power to remove this defect of character."
4. Notice your reaction. Do you hesitate on some? Do you feel resistance? That's okay! The goal is to *practice* the readiness, not to *be* perfect at it.
5. Finish by saying: "I am ready to become the person I am meant to be."

4 Tradition Six - "An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

This tradition guides the group, but its principle applies directly to Step Six. Think of your

character defects (pride, selfishness, fear) as "outside enterprises" that you have "endorsed" and "financed" for years.

Your **pride** (prestige), **selfishness** (property/money), and **fear** promised to protect you, but they only diverted you from your primary purpose of finding spiritual and emotional sobriety.

Your willingness in Step Six is the personal act of **withdrawing this endorsement**. You are stating that you are no longer willing to "finance" these defects with your peace of mind. You become ready for a Higher Power to remove them so you can stay focused on your true purpose: recovery.

5 Dealing With Common Roadblocks

| Roadblock | Why It Happens | Simple Counter-Move |
|---|---|--|
| Fear of "Who Am I Without This?" | Defects (like pride, fear, or people-pleasing) often feel like our identity. | Remind yourself: The defect is not you. It's a survival habit you learned, and you can unlearn it. |
| Stubborn "Not Ready" Feelings | We still think a defect "works" for us (e.g., "My anger protects me," "My fear keeps me safe"). | Be honest about it. Say, "I am not ready to be willing... <i>but I am willing to be made willing.</i> " This is often all the readiness we need. |
| Shame About Not Being Ready | Believing we "should" be perfect at this. | This step is about <i>being</i> ready, not <i>getting</i> ready. Readiness is a direction, not a destination. Just face the right direction. |

6 Reflection & Integration (Your Personal Worksheet)

- 1. Readiness Rating:** For each major defect from your list, circle how ready you feel (1=not ready, 10=entirely ready). Be honest.
 - **Selfishness:** [1][2][3][4][5][6][7][8][9][10]
 - **Dishonesty:** [1][2][3][4][5][6][7][8][9][10]
 - **Fear:** [1][2][3][4][5][6][7][8][9][10]
 - **(Your Defect):** [1][2][3][4][5][6][7][8][9][10]
- 2. One-Sentence Statement:** Choose a defect you rated 8-10. Write: "I am entirely ready for my Higher Power to remove my _____."
- 3. One-Sentence "Honesty" Statement:** Choose one you rated low (1-4). Write: "I am not

yet ready to let go of my _____, but I am willing to ask for help with it."

4. **Brief Journal Prompt:** What does it *feel* like to be "entirely ready"? What do you imagine that freedom would look like in your daily life?

7 Suggested Follow-Up Reading

| Source | Pages / Sections | What to Highlight |
|---|------------------|--|
| Big Book - "Into Action" (Primary) | p. 76 | The two paragraphs on Step Six. Notice the word "humbly" in the prayer that follows. |
| 12x12 - Step Six Essay | pp. 60-67 | The idea that "striving for readiness" <i>is</i> the step. |
| 12x12 - Tradition Six Essay | pp. 155-161 | The concept of "primary purpose" and avoiding distractions. |

8 Moving Toward Step Seven

Having declared yourself "entirely ready," the next step is the logical conclusion: you humbly ask for the removal of those defects. Step Six is the "readiness"; Step Seven is the "request." When you notice the same old urges (pride, anger, resentment) re-emerge, you can pause, affirm your readiness, and move directly into Step Seven's simple, powerful prayer.

9 Quick-Help FAQ

| Question | Short Answer |
|---|--|
| What if I'm only "70%" ready for a defect? | That's okay! Be "entirely ready" to have the "70%" part removed. Be <i>willing</i> to talk about the 30% you're holding onto. Honesty <i>is</i> the willingness. |
| What if I feel a defect is still useful? | This is the most common roadblock. Be honest about it. Write down <i>why</i> you think it's useful. Then ask: "Is that <i>really</i> true? What has it <i>actually</i> cost me?" |
| Do I just do this once? | Step Six is a daily practice. We become "entirely ready" each morning, and we |

practice that readiness all day, especially when we are tested.

10 Final Encouragement

You've taken the courageous step of standing in the mirror, naming your flaws, and saying, "I am ready for a new way." That readiness *is* the miracle. It does not guarantee that the defect will vanish overnight, but it guarantees that the spiritual pathway is now wide open. Trust that as you practice this readiness, the Higher Power you have come to believe in will begin to do for you what you could not do for yourself.

-Your Sponsor