

Step 7: What shortcomings?

The “exact nature of our wrongs” in step 5 is expressed in terms of “defects of character” in step 6, and offered up to God for removal as “shortcomings” in step 7. Bill Wilson, when asked why he used three different sets of words to define character defects, said it was to avoid repetition. Therefore, he intended that there be no significant distinction. Some members waste time needlessly by differentiating the three expressions, which we term, simply, as character defects.

When step 5 is performed well, we leave with a list of our character defects. In step 6 we progressively become willing to have these removed from us, and in step 7 we pray that they might be.

Make a grid similar to that below, and list your defects of character in it. If an example we have entered applies to you, let it remain. If not, replace it with one of yours that is not listed.

Place one of these level indicators in the right column of the grid for each character defect.

Character Defect to have removed	Willingness for removal.: 1) Already removed 2) Absolutely willing 3) Almost willing 4) Give me more time 5) Never
Abusiveness	
Anger	
Dishonesty	
Fear	
Infidelity	
Irresponsibility	
Procrastination	
Stinginess	
Thievery	
Thoughtlessness	

As you know from reading the 12&12, our stubborn insistence to “never” allow a defect to be removed must, itself, be removed.

If your willingness level for any item is not 1) or 2), you will want to repeat the exercise again later.