

RECOVERY & ME

Step Six: Willingness

Anonymous

“Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page that contains the twelve steps. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last.”

(Alcoholics Anonymous, Pg. 75)

I was in a rehab when I completed my fifth step. It wasn't a simple task for it required me to take a thorough and honest look at who I was and the things that I had done. Next, was step six. Step six required me to be willing to be ready to allow God to do, only what He can do, and that is have Him remove **all** my defects of character. I had agreed earlier in my recovery to go to any length to get sober. I also became fully aware that counselors could assist, rehab could help, meetings were very useful, but to be recovered depended wholly and fully on the Grace of God and His Power and doing my best to carry His Will into all of my affairs. For one such as me, someone that had devoted his entire life up to this point, to do what ever was needed to satisfy my exaggerated sense of self, step six helped me to continue the process of ego deflation. This willingness made it possible to fortify my commitment to the fact:

- (a) That I was an alcoholic and could not manage my own life
- (b) That probably no human power could have relieved my alcoholism
- (c) That God could and would if He were sought.

So I turned my attention to the direction found in the AA Big Book for taking the sixth step. The directions emphasized willingness as being indispensable. All I had to do is be ready to have God remove from me all those things that I admitted were objectionable. In essence, I had to be willing to be humble enough

to let God work in my life. And, I like most people, not just alcoholics, have a real difficult time being humble. But if this program is to work for me like it worked successfully for others before me; willingness and humility were vital. I did my best to complete my sixth step. Next; step seven.

P.S. Step Six – Described on pages 75 – 76 (The directions for taking step six are on page 76, paragraph 1, lines 3- 5)

I welcome your questions, your ideas for recovery topics or perhaps a personal story or two. Don't forget, a dose of good humor about recovery or addiction is always welcomed...it has certainly helped me and many others through some tough times! Please send your submissions to: Council on Chemical Abuse, Attn: Recovery & Me, 601 Penn St., Ste. 600, Reading, PA 19601. You may choose to remain anonymous by including only your first name with your submission, as it may in part be reprinted in a future article.