

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

6C Identifying Defects of Character - Pride and Patterns of shame

In Step Six, we are reminded of our imperfections.

Pride is when we have more sense of our importance than what fits reality. It leads us to deny when we have broken our own values. The opposite side is also just as damaging – unhealthy deferring to others and putting others over ourselves. Healthy pride is coupled with humility and a clear connection to reality.

Many of us will continue to have shame thrown at us even though we have reached this level of recovery. To what shaming do I still react? How can I identify when I am reacting to protect myself from perceived shaming?

Some of us use pride to justify putting ourselves higher or lower than family members, others in the program, or co-workers. How can I identify when I am doing that? What has it cost me in my relationships?

Some of us use natural talents to justify prideful behaviors. How have I used my skills, knowledge, physical ability, talent, sales, etc. to justify treating other people as if they did not have the worth that I have? How can I see the value in other people? How have I discounted my real worth? How can I see my proper worth?

How does my pride keep me from acknowledging when I've done something that violates my values and deny my guilt or take on too much guilt?

How much does my addiction love it when I fall back into the patterns of prideful behavior? How has it added to my loneliness? What has my pride cost me?

What do I need in order to be at a point to ask a higher power to give me a proper view of myself?