

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

#### 6F Identifying Defects of Character

##### Selfishness, Self Centeredness

Selfishness is rarely a conscious choice. Most cases, it is a lack of awareness of other people's needs and my effect on other people. Often we have a selfishness disorder: we are selfish in ways that harm us and we are not selfish when we need to in order to protect us from harm.

How often have I acted without concern for others (such as taking from my family in order to act out)? In recovery, do I volunteer to help the group, serve as chair, sponsor others or am I just grateful that the program is here to serve me?

Selfishness in conflicts shows up in escalation when losing (I quit, move out, threaten divorce, use violence, etc.), trying to make everyone else conform to my ideas, "winning" when other people simply give up, and leaving a trail of bruised opponents and burned bridges. What is my history with conflicts?

When things happen around me, do I expect that these things are happening specifically "to me"? Do I anticipate catastrophes and disasters?

The other side of the problem is when we fail to be selfish; when we let others dictate our priorities to our harm and the harm of those we love. We allow addicts (workaholics, etc.) set our schedules resulting our needs not being met, loss of contact with our children, etc. What has happened to me and my loved ones because I did not stand up for myself? How have my priorities changed in recovery and what changes still need to be made?

When I pray, how much of my prayers are about asking for what I want vs. asking to be emptied so that a higher power can work in my life?

How can I turn my sense of self, my relationships, and how I react to my shortcomings over to a higher power?