EDA Step Workshop Week 10
Introductions

- Founders/sponsors in the room
- Sponsors on the phone
EDA Step Workshop Week 10
Step 6

Agenda

- Discuss how Steps Four and Five inform Step Six
- Reflect on EDA Big Book pages 168-172 and Workshop Worksheets pages 25-26
- Panel / Q&A on Step 6
- Take five minutes to list your character defects
- Take Step 6 together!

- Review Assignments for Next Week
Reflections

- Focusing on our emotional states left us vulnerable to **crippling** levels of resentment, fear, self-pity, shame, guilt, confusion, frustration, and despair.
- We lost sight of the broader context in which our lives made sense!
- When we took Step Three, we agreed to turn our will and our lives—our thoughts and actions—over to our God, a Higher Power, or service to the greater good.
- But many of our defects were still with us! Self-centered fear held us back
- **What were we to do about these issues?**
- **That is what Steps Six and Seven are all about.**
- In Step Six, we consider whether we are entirely willing to face and be rid of everything that has been holding us back.

**Review worksheet page 25**
Step Six – Becoming willing

EDA Big Book Pp 168-172

Reflections

Troublesome character traits to consider p. 171:

- **Pride**: creates barriers to authenticity and connection with others
- **Procrastination**: holds us back
- **Self-righteous indignation**: because it leads to resentment and self-pity.
- **All-or-nothing thinking and rigidity**: the antithesis of freedom!
- **Lust**: a distraction that can hurt us and others
- **Focusing on “needs” that are not basic**: these hinder our recovery
- **Gossip**: violates relationships of trust, hurting us and others

The main thing is that we see how each of our defects is tied to a crippling degree of self-centeredness. **We must be rid of it!**

Review worksheet page 25
But what happens when we try to “fix ourselves?”

It doesn’t usually work, does it?

Our defects cannot be removed from us without our cooperation and action, yet trying to fix our thinking with a brain that is habituated to wrong thinking is like performing brain surgery on ourselves p. 172.

It can work, but it is slow going and unreliable!

Review worksheet page 26
Step Six – Becoming willing

- Experience with Step Six!
  
  Panel discussion
  Q&A
Step Six – Becoming willing

EDA Big Book Pp 168-172

Please take a few minutes to list the character defects you recognize. For now, use the left column only.

◦ It is perfectly fine *not* to list every form of every defect
◦ If you run out of space, *please just stop*
  • The purpose of Step Six is not to provide ourselves with excuses for beating ourselves up, but to ensure that we do not fall prey to the same kind of thinking that caused our troubles in the first place p. 172.
  • It is enough to list the main issues: we have the rest of our lives to work on the rest!

*Complete the left column (only) on worksheet page 26*
Step Six – Becoming willing

EDA Big Book Pp 168-172

- Are you ready to give up the awful struggle to be rid of your defects?
- Are you ready to let your reliance on God, Higher Power, or higher purpose lead you to a better use of your time and energy?

- Are you ready to “Let Go and Let God?”

When ready, we’ll take Step Six together
Assignments for next week:

- **Step 7 Preparations**: Read EDA Big Book pages 172 halfway through page 179
- **Complete Step 7 Workshop Worksheets**: read page 27, then go back and finish page 26.
EDA Step Workshop Week 10
Thank you all for being here!