

Step Seven: Humble Request

The Twelve Steps

Step-Working Guide · The Recovery Files

In this workbook

1. **Step Seven: Humble Request** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

TOPIC

Step Seven: Humble Request

KEY IDEAS

Step Seven: Humble Request

Humbly asked Him to remove our shortcomings

Step Seven represents a profound shift from self-reliance to spiritual surrender. It embodies the principle of humility—not as self-abasement, but as an accurate assessment of our capabilities and limitations, coupled with openness to spiritual transformation.

Obstacle 1: Humility Resistance

The Ego's Defense

The ego naturally resists the vulnerability inherent in acknowledging limitations. This manifests as shame-based avoidance, defensive reactivity, spiritual superiority, or intellectualizing spiritual concepts to avoid personal experience.

Obstacle 2: Surrender Difficulties

Control vs. Trust

The challenge of releasing control over character development timelines. We may over-rely on willpower, struggle to distinguish our effort from God's work, or try to negotiate which defects to remove.

Obstacle 3: Limitation Rejection

Perfectionism Trap

Refusing to accept the ongoing, imperfect nature of character development. Expecting rapid perfection creates discouragement, comparison, and the rejection of grace in favor of performance pressure.

Obstacle 4: Transformation Impatience

Demanding Results

Wanting immediate results from spiritual practices rather than accepting gradual growth. This leads to frustration when old patterns persist and can cause abandonment of spiritual practices that don't yield instant fixes.

Obstacle 5: Effort-Surrender Imbalance

Finding the Middle Way

Confusion about personal responsibility versus spiritual surrender. We may oscillate between complete passivity (doing nothing) and obsessive self-improvement (doing too much), missing the collaborative partnership with the Divine.

Obstacle 6: Integration Challenges

Compartmentalized Spirituality

Difficulty connecting formal spiritual practices with daily life. Spirituality remains isolated in prayer times while ordinary life—work, relationships, conflict—remains untouched by 7th Step principles.

The Promise of Step Seven

Authentic Transformation

When we address these obstacles, the 7th Step transforms from concept to reality. Authentic humility enables surrender, realistic expectations support patience, and integrated spiritual living makes character transformation practically relevant.

WORKSHEET**Step Seven Worksheet**

Humility and Transformation

PROFILE**Understanding Your Profile**

1. What dimension of 7th Step work affects you most powerfully?

2. What specific 7th Step experiences surprise you with their intensity?

3. How have your 7th Step patterns evolved throughout recovery?

4. What experiences have challenged you most dramatically?

5. What factors tend to intensify your resistance?

PSYCHOLOGY**Psychology of Step Seven**

6. How does understanding challenges as normal affect your approach?

7. How might your addiction history shape your relationship with humility?

8. How do your different 7th Step patterns interact with each other?

9. What early warning signs indicate emerging resistance?

10. How might personal history influence your 7th Step approach?

PRACTICE

Developing Practice

11. What specific strategies work best for your challenges?

12. What role does your sponsor play in navigating difficulties?

13. How do you maintain practices when experiencing doubt?

14. What recovery resources do you utilize when struggling?

15. How might you strengthen your response to challenges?

RESILIENCE

Building Resilience

16. How has your relationship with humility changed?

17. What helps you maintain momentum during resistance?

18. How do you balance effort with surrender?

19. What would it look like to view challenges as opportunities?

20. How might sharing your experiences benefit others?

MAPPING**Personalized 7th Step Map**

List specific examples for each dimension:

Humility Resistance:

Spiritual Surrender Difficulties:

Prayer Inconsistency:

Limitation Rejection:

Transformation Impatience:

Effort-Surrender Imbalance:

Integration Challenges:

ACTION**Action Plan**

Specific Spiritual Challenge:

Category & Impact:

Goal:

Action Steps:

Accountability:

Timeline:
