

Step Six: Readiness for Change

The Twelve Steps

Step-Working Guide · The Recovery Files

In this workbook

1. **Step Six: Readiness for Change** — key ideas, worksheet
Each topic's scored self-assessment and mind map are in the app.

TOPIC

Step Six: Readiness for Change

KEY IDEAS

Step Six: Readiness for Change

Were entirely ready to have God remove all these defects of character

Step Six represents a profound transition from the awareness of Step 4 and admission of Step 5 to the willingness required for fundamental transformation. It challenges us to become 'entirely ready' to release patterns that have become integral to our identity.

The Nature of Readiness

Beyond Intellectual Agreement

Being entirely ready involves more than just agreeing that change would be beneficial. It requires a complete willingness to release thinking, feeling, and behavioral patterns—even those that have served protective functions or feel like 'who we are'.

Barrier 1: Character Defect Attachment

Cherished Flaws

We often maintain a secret fondness for certain defects. We might view our sarcasm as wit, our anger as strength, or our manipulation as skill. Attachment occurs when we value the perceived benefits of a defect more than the freedom of its removal.

Barrier 2: Fear of Personality Loss

Identity Crisis

A common fear is that removing defects will leave us boring, ordinary, or unrecognizable. We worry about 'psychological death'—losing essential parts of our self-definition—rather than seeing it as a spiritual birth of our authentic self.

Barrier 3: Control Resistance

Self-Reliance vs. Surrender

We often prefer to 'manage' or 'modify' our defects through willpower rather than surrendering them completely. This resistance stems from a desire to remain the architect of our own personality rather than trusting the process of spiritual transformation.

Barrier 4: Conditional Readiness

Negotiating with Change

Conditional readiness attempts to dictate terms: 'I'll change X but keep Y,' or 'I'll change later but not now.' True readiness requires unconditional willingness to have ALL defects removed, in God's time and way.

Barrier 5: Secondary Gains

Hidden Benefits

Defects often serve functions: anger protects from vulnerability, perfectionism wins approval, isolation avoids rejection. Recognizing these 'secondary gains' helps us understand why we hold on to painful patterns.

Cultivating Genuine Willingness

The Practice of Step Six

Readiness is not a switch we flip but a garden we tend. We cultivate it through prayer, honest assessment of the cost of our defects, and practicing small acts of surrender. We focus on the freedom of the new life rather than the loss of the old.

WORKSHEET**Step Six Worksheet**

Developing Willingness for Character Change

PROFILE**Understanding Your Profile**

1. Which readiness barrier affects you most powerfully?

2. What specific character defects are you most reluctant to remove?

3. How has your readiness evolved during recovery?

4. What fears about transformation surprise you?

5. What situations affect your willingness?

PSYCHOLOGY**Psychology of Readiness**

6. How does viewing resistance as normal affect your approach?

7. How might your addiction history shape your barriers?

8. How do your readiness barriers interact with each other?

9. What are early warning signs of decreasing readiness?

10. How does personal history influence your readiness?

STRATEGIES

Developing Strategies

11. What practices help increase your willingness?

12. What role does your Higher Power play in readiness?

13. How do you cultivate willingness during resistance?

14. What resources do you mobilize when stuck?

15. How might you strengthen your response to challenges?

TRANSFORMATION

Building Transformation

16. How has your relationship with change evolved?

17. What practices maintain willingness?

18. How do you balance acceptance with effort?

19. How could you view resistance as information?

20. How might sharing struggles help others?

MAPPING**Personalized Readiness Map**

List specific examples for each barrier:

Character Defect Attachment:

Fear of Personality Loss:

Control/Self-Reliance:

Conditional Readiness:

Perfectionism/Pressure:

Spiritual Resistance:

Secondary Gains:

ACTION**Action Plan**

Specific Barrier to Address:

Category & Impact:

Goal:

Action Steps:

Accountability:

Timeline:
