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Sixth Step Questions

1. Read step 6 in the 12 & 12.
2. Honesty: In regard to myself? Fifth step? My abstinence? Am I willing to be open minded?
3. Self-pity: Under what circumstances do I allow self-pity to have its way with me?
4. Resentment: Under what circumstances do I have resentments & towards whom? What can I do about it? (Keep in mind that resentment is when we re-feel negative feelings as well as anger.)
5. Critical: Of Whom? Why? When & where? How critical am I? My attitude; my awareness? How do I use program today to cope with my criticism? How do I turn a negative into a positive? If I can't live and let me, how can I live and let live?
6. Suspicious: How suspicious am I? In what circumstances? Where can I offer my trust? In what way can I offer my trust at the expense of my vulnerability?
7. Anger: What makes me angry with myself? With others? How do I express anger? What positive steps can I take with handling my anger today? How can I learn patience? Anger can never be caused by others, they only stimulate what is already there. Stop & think.
8. How have I resorted to the following instead of anger: Criticism, overeating, boredom, depression, physical illness, gossip, not sleeping, too much sleep, sarcasm. What positive changes do I see as a result of burning rage and stating my anger? (Not allowing self-pity, resentments etc.)
9. Why do I have to be a people pleaser? When I say no I feel guilty. Discuss at least four fears. How am I learning to set limits on people? Why haven't I been able to set limits on others?
10. Define conditional; self-sacrifice; martyr. Give feelings about conditional love & unconditional love; conditional behavior & unconditional behavior. How does setting expectations of behavior on others and setting standards of behavior on others affect my anger which begets resentment, which begets self-pity?
11. Justifiable anger: Define & look up...just, justice, justify, and justifiable. What is justifiable to me, for me, for others, by whose standards today? Do I have the need to be understood or accepted? Why? Does bragging make me feel more worthy? How does justifiable anger allow self-pity? Blaming others & excuse making?
12. Tense & Apprehensive: In any given situation, how do I project? What are some positive actions or steps I can apply to relieve my apprehension?

13. Define Satisfied? Am I satisfied today? How can I learn to expect progress rather than perfection? How do my plans affect my tense and apprehensive ways? Define plans, projections, control, fault and satisfy.
14. Acceptance: Most of our maladies as people spring from the fact that we are running away from the world and from ourselves. Yet the secret of life is to accept it. Such an acceptance will put us in harmony with the truth. It is the truth alone which will make us free and liberate us for that deep delight in living, which God would have us all enjoy. Write on this:
- 15: In order to see more clearly, I take notice of what I can already see, rather than look for what I should be able to see, but can't.
16. How many of my fears and anxieties come from expecting too much? Negative feelings are born from pain. When you make a choice you have to be willing to give some thing up or compromise. What am I willing to do?
17. Emotionally Uncontrolled: How realistic am I? Do I have to be uptight? Am I free to make mistakes? What upsets me the most? Is it due to my standards of perfection? Is it something I do to live up to other peoples' expectations?
18. Why am I uncomfortable being comfortable? Discuss self-sabotage and punishment.
19. Withdrawn: How do I feel about it?
20. Jealousy & Envy: Are you jealous of another person? What is the difference between jealousy and healthy admiration? Are you willing to work for what they have? Are we willing to look into how they got it? Discuss character assassination.
21. Fearful: (Afraid to assert self) 4 Fears: Rejection, Failure, Inadequacy, & Loss of control of a situation. Define fear. How does fear immobilize us? Why am I afraid to tell you who I am? How does fear cause defiance & resentment? If you don't do anything about something bothering you...you go into primary emotions...Anger -red; Fear - yellow; Guilt - blue. Action is the magic word. What actions am I taking to overcome guilt, fear & anger?
22. Selfishness: self-indulgence: Look up and define: physical; instant gratification; laziness; sloth; greed; gluttony; emotional; spirituality; self-righteousness. Does justifiable anger allow self pity?
23. Domineering: What are the qualities that make up a domineering personality? Where do I fit in? Prove independence. Not using humility. Afraid of dependence. What was domineering in my life and what do I do about it today? *(subtle/obvious)*. Opposite of domineering is yielding. (look up) Expect what I want not Gods' will. Their way is okay. Not only my way. Releasing control, live and let live. How can I be more yielding today? Create Distance.

24. **Self-righteous:** What does it mean? Look up self and righteous. Because you know what's good for you, is it good for someone else? Look at some of your main ideas and by whose standards? Discuss justifiable anger. Define preaching, teaching and grandiosity.
25. **Stubborn:** Under what situation do you find you become stubborn and what are the underlying causes? What positive action can I take today to deal with my stubbornness? Define false pride.
26. **Intolerant:** In what areas do I feel I am most intolerant? What is the main thing I feel I cannot forgive myself for and why? How do I present myself today with patience, tolerance & kindness?
27. **Dishonest with Self:** What is the difference between believing something is **SO AND IT ACTUALLY BEING A FACT**. What is the difference between reality and fantasy? How do you find the difference? Clues...positive Vs negative?
28. **Depressed and Gloomy:** What gets you into a depressed mood? What can trigger you off? What positive steps can you take to avoid feeling depressed?
29. **Smug-Narrow Minded:** How open minded am I to new ideas? Discipline myself.
30. **Feeling Superior:** Humility...what it means to me? Go through the day and think about humility. How can you put humility into action?
31. **Expecting too much too soon:** Emotionally being able to accept the fact that you work everyday. How has instant gratification influenced my life? What is realistic? Being responsible for actions. How realistic were my goals? What is my immediate problem? Take a problem and write possible solutions.
32. **Hypersensitive:** In which way have I found myself to be supersensitive? How can I use program today to help me with my sensitivity?
33. **Despondent:** Define despondent. When do I become despondent & under what circumstances? Where is my loss of faith? How can I increase my faith?
34. **Sullen: (Silent Treatment)** Do you practice the silent treatment? When? Do I use it as a substitute for anger? Or as a weapon to get my own way? What are some of the positives I can use to avoid becoming sullen?
35. **Apprehension:** Apprehensive of the future. In what areas do I become apprehensive? Why? What is the difference between projecting and planning?
36. **Procrastinating:** What do I put off till tomorrow that I can do today? How can I take action against my sloth? Four Fears.
37. **Aimless & Indifferent:** In what way are you aimless and indifferent?

38. **Worrisome & Overanxious:** What gets me uptight and overanxious with family, myself & friends? What can I do about it?
39. **Ungrateful:** In what areas do you feel ungrateful? Why? Do you feel deserving of what you have not earned? Do you feel that you deserve what you have earned?
40. **Gossip:** When do I gossip? Under what circumstances? Why? Do I substitute gossip for anger?
41. **Obsessed with our own Problems:** What is an obsession? Define it? Is there such a thing as a healthy obsession? If we were obsessive even in getting out of a problem, are we really helping ourselves? Being obsessive about getting help in a group? Where can you help yourself?