

AA Step 7 Worksheet

Patient Information:

Name:

Date:

Take some time to reflect on Step 6 and the work you have done to become entirely ready to have your Higher Power remove all your defects of character.

Shortcomings List

List the shortcomings you identified in Step 6 that you are now willing to let go of.

1.
2.
3.
4.
5.

Prayer and Meditation

Write down a personal prayer or meditation focused on asking your Higher Power to remove these shortcomings.

Reflection

1. How do you feel about letting go of these shortcomings?
2. Do you have any fears or hesitations? If so, what are they?
3. Why do you think these shortcomings have persisted in your life?
4. What changes do you hope to see once these shortcomings are removed?
5. How would you define humility in the context of this step?

Action Plan

1. Discuss this worksheet and your thoughts with your sponsor.
 Done
 2. Reiterate your Step 7 prayer or meditation daily for the next week.
 Done
 3. Keep an open mind and watch for changes in your thoughts, feelings, and behaviors.
 Done
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Notes:

Remember, the journey in AA is one day at a time. Be patient with yourself as you work through these steps.

Always consult your sponsor and consider attending AA meetings to share your progress and listen to others' experiences.