

CZR Step Study

Step Six– Week 1 of 2

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

Essential

Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

- Read the *COSA Step Six: Working the COSA Sixth Step* booklet/chapter up to the Voices. See Step Study Resources on the [COSA Zoom Room](#) website for ordering information.
- Spend some time each day thinking about/meditating on the words of Step Six. After several days of meditation, pick one word that stands out to you, and write about that word (any length, any style of writing).¹

Personal Crazyiness Index (PCI)²

Begin your PCI – The value of completing this exercise is developing and maintaining consistent habits.

- For instructions and worksheet, see [Personal-Crazyiness-Index.pdf \(dawesomerecovery.com\)](#) Work through pages 1–4.
- For an example of a completed 12-week *Personal Crazyiness Index (PCI) Worksheet*, go to COSA Zoom Room Step Study→Step Six→Step Six [Personal Crazyiness Index \(PCI\) Worksheet Example](#).
- After reading and completing the above worksheet, use the worksheet provided at COSA Zoom Room Step Study→Step Six→Step Six Worksheets [Personal Crazyiness Index \(PCI\) Worksheet](#) Worksheet 1, pages 1–5, to record each day.

Forever Essential Assignments

It is important for our own recoveries to attend and contact other COSAs. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

¹ South Bay Step Group by Amy MJ and Brian T

² The Gentle Path Through the Twelve Steps by Patrick Carnes Pages 243-255

Recommended

- Please read and annotate. *Drop the Rock: Removing Character Defects - Steps Six and Seven*. Preface & Introduction pages IX – XIX from “It has been more... through ...life and relationship.”
- Based on the above reading, come prepared to share what was important to you and areas you recognize need to change in your own life based on the assigned reading. See Step Study Resources on the [COSA Zoom Room](#) website for ordering information.

Optional

Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

CZR Step Study

Step 6 – Week 2 of 2

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

Essential

Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

- Choose at least three questions to answer from the *COSA Step Six: Working the COSA Sixth Step* booklet. The questions follow the COSA Voices. Remember, the ones that you want to skip are likely ones that you need to answer.
- Continue your Personal Craziiness Index (PCI).³

Please read and answer the question below.

These questions are prompts to help you recognize your thinking and behavior in relation to this Step. What matters most is how these concepts relate to your life. Be prepared to share your answers with your group.

- Why are we getting ready to have God remove our defects of character instead of getting ready to fix or remove them ourselves?⁴

Forever Essential Assignments

It is important for our own recoveries to attend and contact other COSAs. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

³ The Gentle Path Through the Twelve Steps by Patrick Carnes Pages 243-255

⁴ South Bay Step Group - Amy MJ & Brian T

Recommended

- Read and annotate. *Drop the Rock: Removing Character Defects - Steps Six and Seven* – pages 1-10 from “character. At the beginning... through ...we work for.”
- Based on the above reading, come prepared to share what was important to you and areas you recognize need to change in your own life based on the assigned reading. See Step Study Resources on the [COSA Zoom Room](#) website for ordering information.

Story In Three Sentences. For instructions, ⁵ See Step Study→Step One on the [COSA Zoom Room](#) website for the PDF.

Write out your Step Six story in three sentences. Instructions:

- Sentence 1: The Story – Write out (in one sentence) how you were (or weren't) entirely ready to have God remove all these defects of character.
- Sentence 2: What I did wrong - Write out (in one sentence) what you did that you wish you had either not done or done differently.
- Sentence 3: What I should have done – Write out what would have been a better choice and/or what I will choose to do in the future when that situation repeats itself.

Optional

Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

⁵ Dennis F - [website](#)