

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 help me 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.¹

1. Read the *COSA Step Six: Working the COSA Sixth Step* booklet/chapter up to the Voices. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
2. 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).²

Personal Crazyiness Index (PCI)³

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

3. For instructions and worksheets, see [Personal-Crazyiness-Index.pdf \(dawesomerecovery.com\)](#)
4. For an example of a completed 12-week *Personal Crazyiness Index (PCI) Worksheet*, see Step Study→Step Six→Step [Six Personal Crazyiness Index Example](#) on the [COSA Zoom Room](#) website for the PDF.
5. After reading and completing the above worksheet, use Worksheet 1, page 1–5. See Step Study→Step Six→[Step Six Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

Forever Essential Assignments

For our recovery, attending meetings and contacting other COSAs is important. 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 Adapted from Herb K’s [Way of Life](#) document

² South Bay Step Group by Amy MJ and Brian T

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

Recommended

Optional

Forever Optional Assignments

- For more information on each step, read the *COSA Balance* newsletter. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
- 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 Six – 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 help me 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.⁴

1. Choose at least three questions to answer from the *COSA Step Six: Working the COSA Sixth Step* booklet/chapter. The questions follow the COSA Voices. Remember, the ones that you want to skip are likely ones that you need to answer.
2. Continue your Personal Crazyness Index (PCI).⁵

Please read and answer the question below.

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

3. Why are we getting ready to have God remove our defects of character instead of getting ready to fix or remove them ourselves?⁶

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⁵ The Gentle Path Through the Twelve Steps by Patrick Carnes Pages 243-255

⁶ South Bay Step Group - Amy MJ & Brian T

Recommended

4. Please read and annotate *Drop the Rock: Removing Character Defects—Steps Six and Seven*, Preface and Introduction pages IX—XIX from “It has been more... through ...life and relationship.” For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
5. 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.
6. **Story In Three Sentences.**⁷ For instructions, see Step Study→Step One→[Story In Three Sentences Presentation](#) on the [COSA Zoom Room](#) website for the PDF.
 - a. 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.
 - b. Sentence 2: Write out (in one sentence) what you did that you wish you had either not done or done differently.
 - c. Sentence 3: Write out what would have been a better choice and/or what I would choose to do when that situation repeats itself.

Example:

- a. **The Story:** *I try to do things “perfectly,” which takes time and energy and keeps me exceptionally busy.*
- b. **What do you wish you had either not done or done differently?** *I wish I had not placed the value of my “doing” above the value of my “being.”*
- c. **What would have been a better choice?** *I would choose to become ready to have God remove these defects of character by accepting my humanity, loving myself as I am and others as they are, and taking the time to just “be” on a regular basis.*

Optional

Forever Optional Assignments

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- 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.

⁷ Adapted from Dennis F - [website](#)