

CZR Step Study

Step Seven— Week 1 of 10

Humbly asked God to remove our shortcomings.

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 Seven: Working the COSA Seventh 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 Seven. 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
3. Continue the *Personal Crazyness Index (PCI)*³ you started in Step Six.
4. Using *Step Seven Character Defects to Give to Higher Power* Worksheet 2, pages 2–3, choose your top three to five defects of character that you want your Higher Power to remove. You may refer to your completed [Assets and Liabilities Checklist](#) from Step Four and your *Inner/Red Circles* diagram, also from Step Four, on the [COSA Zoom Room](#) website. Answer the questions for each defect you would like to give to Higher Power. See Step Study→Step Seven→[Step Seven Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

Throughout Step Seven, we will continue this process, highlighting different character defects weekly.

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

5. Please 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.*” For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
6. 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.

Optional

7. This is a great resource for understanding our character defects, especially those we hide, ignore, or gloss over.

Breaking Free and *Facing Codependence* (both books by Pia Mellody). These books can help identify character defects more clearly. It is suggested that you pick two to three defects per week and answer the questions that follow the reading. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.

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 Seven – Week 2 of 10

Humbly asked God to remove our shortcomings.

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. Read the following COSA Voices from the *COSA Step Seven: Working the COSA Seventh Step* booklet/chapter: Claudia, Betsy, and at least one other.
2. Continue your *Personal Crazyness Index* (PCI)⁵
3. Using *Step Seven Character Defects to Give to Higher Power Worksheet 3*, pages 4–5, choose your top three to five defects of character that you want your Higher Power to remove. You may refer to your completed [Assets and Liabilities Checklist](#) from Step Four and your *Inner/Red Circles* diagram, also from Step Four, on the [COSA Zoom Room](#) website. Answer the questions for each defect you would like to give to Higher Power. See Step Study→Step Seven→[Step Seven Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

Throughout Step Seven, we will continue this process, highlighting different character defects weekly.

Please read and answer the questions 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.

4. Have you tried to remove your defects in the past by working harder, hiding them, or otherwise relying on your own power?⁶
5. Do you now feel willing to turn this work over to your Higher Power instead, or do you feel resistant or fearful? If you do not feel willing, what seems to be holding you back? Sometimes, our defects can be assets taken to an extreme (e.g., kindness or compassion taken to an extreme could be caretaking).
6. Again, look at your most significant defect. What assets might it be hiding?⁷ Repeat for each of your defects, especially those you struggle with the most.

⁴ Adapted from Herb K's [Way of Life](#) document

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

⁶ South Bay Step Group - Amy MJ & Brian T

⁷ South Bay Step Group - Amy MJ & Brian T

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

Recommended

7. Please read and annotate *Drop the Rock: Removing Character Defects—Steps Six and Seven*, pages 10–20 from “Let’s take a look at Charlie’s... through ...simply act “as if.”
8. 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. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.

Optional

9. Continue to work through character defects in *Breaking Free* and *Facing Codependence* (both books by Pia Mellody). These are recommended to help identify character defects more clearly. Two to three defects should be picked weekly, and the questions following the reading should be answered.

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 Seven – Week 3 of 10

Humbly asked God to remove our shortcomings.

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.⁸

1. Choose at least three questions to answer from the *COSA Step Seven: Working the COSA Seventh 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)*⁹
3. Using *Step Seven Character Defects to Give to Higher Power* Worksheet 4, pages 6–7, choose your top three to five defects of character that you want your Higher Power to remove. You may refer to your completed [Assets and Liabilities Checklist](#) from Step Four and your *Inner/Red Circles* diagram, also from Step Four, on the [COSA Zoom Room](#) website. Answer the questions for each defect you would like to give to Higher Power. See Step Study→Step Seven→[Step Seven Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

Throughout Step Seven, we will continue this process, highlighting different character defects weekly.

Please answer the question below.

4. Often, our defects can hold us back from accurately appreciating and embracing our assets. As you look at your Step Four inventories, what defects do you think might be hindering you from fully recognizing or embracing your assets?¹⁰

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

⁸ Adapted from Herb K's [Way of Life](#) document

⁹ The Gentle Path Through the Twelve Steps by Patrick Carnes Pages 243-255

¹⁰ South Bay Step Group - Amy MJ & Brian T

Recommended

5. Please read and annotate *Drop the Rock: Removing Character Defects—Steps Six and Seven*, pages 20-31. As we discussed, acting... through ...and less, and better.”
6. 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.

Optional

7. Continue to work through character defects in *Breaking Free* and *Facing Codependence* (both books by Pia Mellody). These are recommended to help identify character defects more clearly. Two to three defects should be picked weekly, and the questions following the reading should be answered.

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 Seven – Week 4 of 10

Humbly asked God to remove our shortcomings.

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.¹¹

1. Continue your *Personal Crazyness Index (PCI)*¹²
2. Using *Step Seven Character Defects to Give to Higher Power* Worksheet 5, pages 8–9, choose your top three to five defects of character that you want your Higher Power to remove. You may refer to your completed [Assets and Liabilities Checklist](#) from Step Four and your *Inner/Red Circles* diagram, also from Step Four, on the [COSA Zoom Room](#) website. Answer the questions for each defect you would like to give to Higher Power. See Step Study→Step Seven→[Step Seven Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

Please 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. Refer back to your “God is/is not” lists from Step Two and answer the following questions.
4. What changes would you make to your list now?
5. Does the way you understand Higher Power (God) have any relationship to your assets and defects?
6. How does it relate to your willingness to let go of your defects?¹³

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

¹¹ Adapted from Herb K’s [Way of Life](#) document

¹² The Gentle Path Through the Twelve Steps by Patrick Carnes Pages 243-255

¹³ South Bay Step Group - Amy MJ & Brian T

Recommended

7. Please read and annotate *Drop the Rock: Removing Character Defects—Steps Six and Seven*, pages 31–40 from “Judith shares a... through ...spiritual growth in our lives.”
8. 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.

Optional

9. Continue to work through character defects in *Breaking Free* and *Facing Codependence* (both books by Pia Mellody). It is recommended that these be used to help identify character defects more clearly. It is suggested that 2-3 defects be picked per week and that the questions that follow the reading be answered.

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 Seven – Week 5 of 10

Humbly asked God to remove our shortcomings.

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.¹⁴

1. Continue your *Personal Crazyness Index (PCI)*¹⁵
2. Using *Step Seven Character Defects to Give to Higher Power* Worksheet 6, pages 10–11, choose your top three to five defects of character that you want your Higher Power to remove. You may refer to your completed [Assets and Liabilities Checklist](#) from Step Four and your *Inner/Red Circles* diagram, also from Step Four, on the [COSA Zoom Room](#) website. Answer the questions for each defect you would like to give to Higher Power. See Step Study→Step Seven→[Step Seven Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

Please 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. In what ways are you/are you not trusting your Higher Power as you look at letting go of your character defects? If you are struggling, what can help the process?

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

¹⁴ Adapted from Herb K’s [Way of Life](#) document

¹⁵ The Gentle Path Through the Twelve Steps by Patrick Carnes Pages 243-255

Recommended

4. Please read and annotate *Drop the Rock: Removing Character Defects—Steps Six and Seven*, pages 40–51 from “lives. The next defect to examine... through ...burned in the process.”
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.

Optional

6. Continue to work through character defects in *Breaking Free* and *Facing Codependence* (both books by Pia Mellody). These are recommended to help identify character defects more clearly. Two to three defects should be picked weekly, and the questions following the reading should be answered.

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 Seven – Week 6 of 10

Humbly asked God to remove our shortcomings.

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.¹⁶

1. Continue your *Personal Crazyness Index (PCI)*¹⁷
2. Using *Step Seven Character Defects to Give to Higher Power Worksheet 7*, pages 12–13, choose your top three to five defects of character that you want your Higher Power to remove. You may refer to your completed [Assets and Liabilities Checklist](#) from Step Four and your *Inner/Red Circles* diagram, also from Step Four, on the [COSA Zoom Room](#) website. Answer the questions for each defect you would like to give to Higher Power. See Step Study→Step Seven→[Step Seven Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

Please read and answer the questions 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. If you don't have enough time to share everything you've written, what is most important or helpful for you to share with your group about your work on this step? (Remember that what is most important or helpful is often what we are most ashamed of or fearful about sharing.) Consider sharing this at a COSA meeting as well.

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

¹⁶ Adapted from Herb K's [Way of Life](#) document

¹⁷ The Gentle Path Through the Twelve Steps by Patrick Carnes Pages 243-255

Recommended

4. Please read and annotate *Drop the Rock: Removing Character Defects—Steps Six and Seven*, pages 51–62 from “Let’s take a look at Joe's story... through...and growing by asking.”
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.

Optional

6. Continue to work through character defects in *Breaking Free* and *Facing Codependence* (both books by Pia Mellody). These are recommended to help identify character defects more clearly. Two to three defects should be picked weekly, and the questions following the reading should be answered.

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 Seven – Week 7 of 10

Humbly asked God to remove our shortcomings.

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.¹⁸

1. Continue your *Personal Crazyness Index (PCI)*¹⁹
2. Using *Step Seven Character Defects to Give to Higher Power Worksheet 7*, pages 14–15, choose your top three to five defects of character that you want your Higher Power to remove. You may refer to your completed [Assets and Liabilities Checklist](#) from Step Four and your *Inner/Red Circles* diagram, also from Step Four, on the [COSA Zoom Room](#) website. Answer the questions for each defect you would like to give to Higher Power. See Step Study→Step Seven→[Step Seven Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

Please read and answer the questions 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. If it is up to your Higher Power to remove your defects, what is your part in working this Step? What actions can you take?
4. Who is in charge of when and how this happens?²⁰

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

¹⁸ Adapted from Herb K’s [Way of Life](#) document

¹⁹ The Gentle Path Through the Twelve Steps by Patrick Carnes Pages 243-255

²⁰ South Bay Step Group - Amy MJ & Brian T

Recommended

5. Please read and annotate *Drop the Rock: Removing Character Defects—Steps Six and Seven*, pages 62–70 from “Another part of humility... through ...authors of A Program for You.”
6. 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.

Optional

7. Continue to work through character defects in *Breaking Free* and *Facing Codependence* (both books by Pia Mellody). These are recommended to help identify character defects more clearly. Two to three defects should be picked weekly, and the questions following the reading should be answered.

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 Seven – Week 8 of 10

Humbly asked God to remove our shortcomings.

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.²¹

1. Continue your *Personal Crazyness Index (PCI)*²²
2. Using *Step Seven Character Defects to Give to Higher Power* Worksheet 9, pages 16–17, choose your top three to five defects of character that you want your Higher Power to remove. You may refer to your completed [Assets and Liabilities Checklist](#) from Step Four and your *Inner/Red Circles* diagram, also from Step Four, on the [COSA Zoom Room](#) website. Answer the questions for each defect you would like to give to Higher Power. See Step Study→Step Seven→[Step Seven Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

Please read and answer the questions below.²³

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. What does humility mean?
4. How can you bring humility to this Step?
5. Is there anything about your understanding of what it means to "humbly ask" that is holding you back?

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

²¹ Adapted from Herb K's [Way of Life](#) document

²² The Gentle Path Through the Twelve Steps by Patrick Carnes Pages 243-255

²³ South Bay Step Group - Amy MJ & Brian T

Recommended

6. Please read and annotate *Drop the Rock: Removing Character Defects—Steps Six and Seven*, pages 71–79 from “Step Seven and Everyday Life... through ...help by asking.”
7. 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.

Optional

8. Continue to work through character defects in *Breaking Free* and *Facing Codependence* (both books by Pia Mellody). These are recommended to help identify character defects more clearly. Two to three defects should be picked weekly, and the questions following the reading should be answered.

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 Seven – Week 9 of 10

Humbly asked God to remove our shortcomings.

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.²⁴

1. Continue your *Personal Crazyness Index* (PCI)²⁵
2. Using *Step Seven Character Defects to Give to Higher Power* Worksheet 10, pages 18–19, choose your top three to five defects of character that you want your Higher Power to remove. You may refer to your completed [Assets and Liabilities Checklist](#) from Step Four and your *Inner/Red Circles* diagram, also from Step Four, on the [COZA Zoom Room](#) website. Answer the questions for each defect you would like to give to Higher Power. See Step Study→Step Seven→[Step Seven Worksheets](#) on the [COZA Zoom Room](#) website for the PDF.

Please read and answer the questions 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.

The Seventh Step Prayer:

*“My Creator, I am now willing that you should have all of me, good and bad.
I pray that you now remove from me every single defect of character
which stands in the way of my usefulness to you and my fellows.
Grant me strength, as I go out from here, to do your bidding.”*

3. Does this prayer feel comfortable to you?
4. If not, what parts are difficult for you?
5. What kind of prayer would better help you take this Step?²⁶
6. Next week, we will have a prompt to pray this prayer or another that we write ourselves.

²⁴ Adapted from Herb K’s [Way of Life](#) document

²⁵ The Gentle Path Through the Twelve Steps by Patrick Carnes Pages 243-255

²⁶ South Bay Step Group - Amy MJ & Brian T

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

Recommended

7. Please read and annotate *Drop the Rock: Removing Character Defects—Steps Six and Seven*, pages 79–91, from “Gail relates to us... through the end of the book.”
8. 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.
9. Read and Highlight [Chapter 6](#) from the *Big Book* | Alcoholics Anonymous pp. 75–76 from “When we decide...” through “...completed Step Seven”.

Optional

10. Continue to work through character defects in *Breaking Free* and *Facing Codependence* (both books by Pia Mellody). These are recommended to help identify character defects more clearly. Two to three defects should be picked weekly, and the questions following the reading should be answered.

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 Seven – Week 10 of 10

Humbly asked God to remove our shortcomings.

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.²⁷

1. Continue your *Personal Crazyness Index* (PCI).²⁸

Please read and answer the questions 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.

2. Were there any questions or concepts you struggled with, found confusing, or felt stuck?²⁹
3. Pray the Seventh Step Prayer.
4. Write your own personalized Seventh Step Prayer. If you are willing, share in your group chat.

Forever Essential Assignments

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- Contact at least one COSA

Recommended

1. **Story In Three Sentences.**³⁰ The process for the Step Seven story is slightly different than other steps. First, list your most troublesome/challenging spiritual shortcomings. Rank them in the order of their seriousness/difficulty.

²⁷ Adapted from Herb K's [Way of Life](#) document

²⁸ The Gentle Path Through the Twelve Steps by Patrick Carnes Pages 243-255

²⁹ South Bay Step Group - Amy MJ & Brian T

³⁰ Adapted from Dennis F - [website](#)

Spiritual Shortcomings

- Lack of Humility (Pride)
 - Lack of Generosity (Greed)
 - Lack of Purity of Intention (Lust)
 - Lack of a Loving Attitude (Anger)
 - Lack of Discipline (Gluttony)
 - Lack of Gratitude (Envy)
 - Lack of Action (Sloth)
- a. Sentence 1: The Story – Write out (in one sentence) your challenges in humbly asking God to remove your shortcomings.
 - 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:

Spiritual Shortcomings

- Lack of Humility (Pride) (#1)
 - Lack of Generosity (Greed)
 - Lack of Purity of Intention (Lust)
 - Lack of a Loving Attitude (Anger) (#2)
 - Lack of Discipline (Gluttony)
 - Lack of Gratitude (Envy) (#3)
 - Lack of Action (Sloth)
- a. **The Story:** *I too easily criticize others, believing it makes me look better.*
 - a. **What do you wish you had either not done or done differently?** *I wish I had not allowed my pride to take over, falsely making me believe I would look better than the person I criticized.*
 - b. **What would have been a better choice?** *I would choose to:*
 - *Speak (and think) only words that build up others*
 - *Humbly ask God to remove my pride*
 - *Pray the Seventh Step Prayer*

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding. Amen.

Optional

9. Continue to work through character defects in *Breaking Free* and *Facing Codependence* (both books by Pia Mellody). These are recommended to help identify character defects more clearly. Two to three defects should be picked weekly, and the questions following the reading should be answered.

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.