

Reflections on Step 6

Step 6: Were entirely ready to have God remove all these defects of character.

“The principle embodied in step 6 is willingness. I had to be willing to do the things that worked for the thousands/millions of people before me.

A clergyman is quoted, in the AA 12/12, the book entitled Twelve Steps and Twelve Traditions, as saying this is the step that separates the men from the boys. He goes on to say that we should aim for perfection in overcoming our defects of character. We are not perfect beings, but we should aim for perfection in this area of our lives.

According to him, it is not ok to say or to keep saying, ‘I'm working on that.’ For example, gossiping. Just don't gossip and remove ourselves from the gossip circles, is the gist of what I get from him. And rightly so. I can say I am working on a defect for the rest of my life and my life never changes. And notice, the step says ALL these defects of character; not some.

I didn't come to EA to have to continue struggling. I wanted and want real change. I want the promises that I can be happy, joyous, and free. And I am. Just for today. But, if I do tomorrow what I am doing today, I will get to keep my happiness, joy, and freedom. My Akron, Ohio old-timers always say, ‘This is a program of action!’ I've also heard an AA person say, ‘We have to act our way into good thinking, we can't think our way into good action, in fact, our best thinking landed us in Emotions Anonymous’, he said Alcoholics Anonymous, but I'm just translating for us.

The promises are the only reason I'm here. And why I keep coming back.

If and when I want to simply socialize I go to social clubs, not Emotions Anonymous meetings. As I am getting ready to leave my place headed to an Emotions Anonymous meeting, I pray. My prayer is that the people, who are in EA to socialize, are not in attendance. Their negative energy is not conducive for the recovery an EA meeting provides to those who are willing to work the program nor is it auspicious for the hope that the newcomer is seeking. I don't want the newcomer to be amongst the same negativity that he/she is trying to escape. Our tradition 3 states that the only requirement for membership is a desire to become well emotionally.” — Derita P., *EAI Trustee*