

Step 6 Were entirely ready for God to remove all these defects of character

#### 6G Identifying Defects of Character

##### Sloth, Procrastination

Sloth is not the taking of needed rest, nor is it the shaming of those with depression. Instead it is when we have work that needs to be done and we choose to do something else. Thus, sloth can be found in those who are over busy. The AA Big Book talks about how we “sought an easier, softer way.” Our addictions want to find the easy way past all the work we need to do. One way is to be over busy, over work, and be the “perfect” volunteer while ignoring my own needs.

Where are the “mess’s” in my life and what actions have I not done to clean them up?

Which needs do I have that I do not want to take care of? In which areas of my life do I allow crisis’s to happen on a regular basis?

What work do I not want to do? What wants do I have where I am not willing to do the work needed to fulfill those wants? How can holding out a standard of perfection keep me from taking small steps today?

How much do I not want to clean up “my side of the street” on old relationships and current relationships?

How much do I expect other people to take care of me or my needs, feel entitled to have others serve me, expect other people to do the work of keeping the recovery groups going, or feel there are things that are the partner’s job to take care of?

How am I doing so much for others that I ignore my own needs and “deserve to act out?”

How can I put my choices of what to do today under a higher power’s direction?