

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

6I – Expectations & isolating

Having expectations in life is not a defect of character. However, our reactions to when our expectations are not met can be. We can continue to be hurt when our expectations are not met. We can continue to hurt others by our reactions when they have not met our expectations. Or we can isolate when our expectations are not met.

What are the expectations that I still have for the world?

What expectations of mine have caused relationship problems?

What have I done when my expectations have not been met? What damage have I done to relationships at those times?

What things drive me to isolate and deny my hurts even though I have been in recovery?

How can I use the program to let go of my expectations and to change my reactions when my expectations are not met?

How can I put my expectations into a higher power's hands and let go of the results?
How can I share my hopes and dreams without letting those become expectations?