

Write down Step 7 and learn it off by heart.

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What were your most obvious shortcomings and defects of character identified in the previous steps?

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Is this a step you take just once or do you consider it an ongoing part of your life?

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Do you have a God of your understanding, a Higher Power, who will remove your shortcomings?

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Who, what is this Higher Power?

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Do you really believe that you need to change more than just how you drank?

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How have your shortcomings impacted your life?

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Where do you feel most supported and helped in your strivings for recovery?

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What three defects of character are causing you the greatest problems?

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Describe your typical day's activities and how much time you spend on each type of activity.

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