

Step 6

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

The guiding principle of this Step is Willingness.

Up to this time, we have looked at our clutter and defects of character and how they have governed our attitudes and behaviors – our lives. These are the reasons we have been stuck in our clutter. Many of us have sought security in quantity.

We must become entirely ready to deal with our addiction to clutter. The only way to get rid of this addiction is by becoming ready for God to remove all these defects of character. In this Step, we are asked to take a giant leap of faith and have God help us release our clutter and all our defects of character. We will need to trust in our Higher Power, if we are to work this Step thoroughly.

Common defects of character that contribute to clutter include:

anger	envy	people-pleasing
avoidance	experience greed	perfectionism
controlling behavior	fear	procrastination
clutter blindness	greed	rebelliousness
denial	hoarding behavior	rescuing behavior
dumpster diving	indecisiveness	resentment
entitlement	overscheduling	

Trust in our Higher Power began by working the five previous Steps. In Step 4, we developed a willingness to let go of our clutter and began releasing our physical possessions, unhealthy relationships, and excessive commitments. We also took an honest look at our pets. In Step 5, we admitted our long-kept, deep, dark secrets. Now, we begin ridding ourselves of attitudes and behaviors that have kept us from achieving our life purpose: use our spiritual gifts to bring more beauty, order, and love into the world. This is the beginning of a clutter-free life.

The following questions will help you develop the trust that your Higher Power will remove your defects of character.

1. Are my possessions still a source of joy?
 - a. My pets?
 - b. My relationships?
 - c. My activities?
 - d. If not, why not?
 - e. Write about the disappointment they cause.
2. What changed my possessions into clutter?
 - a. My pets?
 - b. My relationships?
 - c. My activities?
3. Do I understand that to live a cluttered life is to live in active addiction?
 - a. Have I accepted my addiction?
 - b. If not, why not?
4. Why am I holding onto my clutter?
5. Write about the following fears related to my clutter:
 - a. Perfectionism.
 - b. Fear of failure.
 - c. Fear of success.
 - d. Fear of the unknown.
 - e. How does each of these factors deny me what I truly want and need today?
 - f. What does fear say about my belief in a benevolent Higher Power?
6. What will it take for me to be ready to have God remove all my defects of character?
7. What might get in the way of my being ready to change?
 - a. List obstacles, distractions, and excuses.
 - b. Write on each.
8. Am I willing to let go of everything that stands in the way of my healing?
 - a. If not, why not?
 - b. Write about my resistances.

9. Am I ready to pray for the willingness to be open to trusting my Higher Power?
 - a. If not, why not?
 - b. Write about reservations I have about believing that God can and will remove my defects of character.
10. Am I willing to live a life free from clutter and with new attitudes and behaviors, no matter how risky they may feel?
 - a. Do I fully understand that I can no longer continue to live my life the same way and expect God to change me?
 - b. Write about replacing willfulness with complete and committed partnership with God.
 - c. Am I willing to act differently?
 - d. Write about behavioral changes.

When you become willing to let your Higher Power remove all these defects of character, then you are ready to proceed to Step 7.