

CoDA-Tulsa – Melody Beattie “Codependents Guide to the 12 Steps”

STEP 6 – Exercise 1

“Were entirely ready to have God/Higher Power remove all these defects of character”

1. What are the hard-to-handle beliefs, behaviors, feelings, wants, or needs that you’re struggling with right now? You may want to begin affirming that you are becoming ready to let go of these issues.

What beliefs, behaviors, feelings, wants, needs and issues you’d like to let go of?

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STEP 6 – Exercise 2

“Were entirely ready to have God/Higher Power remove all these defects of character”

2. How would it make your life different if you believed that you could just relax and let this process called recovery happen?

How would it make your life different?

What ways would it change what you do and how you live your life?

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STEP 6 – Exercise 3

“Were entirely ready to have God/Higher Power remove all these defects of character”

3. Make a list of everything you would like changed about yourself. Include on it the things you would like to stop doing, things you would like to start doing, any family-of-origin work you'd like to accomplish, things you'd like to get and have. Put everything you can think of on the list, everything you'd like to be a part of your future.

What would you like to change about yourself?

What would you like to stop doing?

What would you like to start doing?

Family of origin work you want to do?

Things you'd like to get and have.

Put this list away and let go of every thing on it.

Do you believe it's safe to trust God and this process called recovery?