

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

STEP 7 – Exercise 1

“Humbly asked God (Higher Power) to remove our shortcomings”

1. What are your fears about becoming changed. Write about them. Or talk about them with another person.

What are your fears about becoming changed?

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STEP 7 – Exercise 2

“Humbly asked God (Higher Power) to remove our shortcomings”

2. How have you already seen yourself changed? How much of this did you actually have to do? How much were you empowered to do? Reflect on the gradual, natural nature of change in your life.

Have you already seen yourself changed? How?

How much did you actually have to do?

How much were you empowered to do?

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STEP 7 – Exercise 3/4

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3. Writing letters is a favorite tool. Write a letter to God, as you understand goG. In that letter, talk about what bothers you and what you would like to see changed about you. Ask your Higher Power to help you change those things in yourself and your life that need changing.

Dear God/Higher Power,

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STEP 7 – Exercise 4

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4. If in doubt about what character defects to work on now, ask God/Higher Power to show you clearly what issues in your life would be improved if you would work the Sixth and Seventh Steps on them.

Write your note to God/Higher Power

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STEP 7 – Exercise 5

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5. Do a creative visualization about yourself. Visualize in your mind yourself as you would like to become. See yourself doing and being all that you would like to do and be. Then let it go. Come back to now. Affirm that who you are is good. Affirm self-acceptance and self love for yourself in the present moment.

What did you visualize yourself doing and being?

Write an affirmation that who you are is good.

Write an affirmation of self-acceptance and self love for yourself in the present.