

**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?**