

Step 7 // Twelve and Twelve Notes


Seventh Step Prayer

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here to do your bidding. Amen" (Big Book, Pg. 76)

Questions as we read:

1. What does humility mean to you, and how has that definition changed as you've taken the steps / grown in recovery? P70/71
2. Material "things" are not bad – how do we reconcile material success with spiritual growth? p71/72
3. Why is faith/belief not enough? p72
4. What might it look like to choose humility, versus suffering to gain humility? p73
 - a. If you have taken this step, what is your experience with this question?
 - b. If you haven't yet taken this step, what do you think it could look like for you to choose humility?
5. Why is humility something we must seek so actively? p74
6. How does this step, and a true aim of humility, change your attitude towards God? p75
7. How did you take step 7, and how do you practice it? P76
 - a. If you haven't taken this step, what confuses you about the practical application of it?
8. How have demands vs. requests impacted your personal relationships? Your relationship with yourself? Your relationship with your higher power? p76

1 2 3 4 5 6 STEP 7 8 9 10 11 12

 I am now that you should have all of me, the good and the bad...

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Anchorage state of being secured (p72)

Adversity A difficult or unpleasant situation (p70)

Apt Having a tendency to do something (p73)

Attainment The action or fact of achieving a goal towards which one has worked (p70)

Aversion A strong dislike or disinclination (p73)

Barren Showing no results or achievements; unproductive. (p72)

Bludgeoned Beat (someone) repeatedly with a heavy object. (p75)

"Bush-league pinch hitter" Amateur stepping in only when absolutely necessary (p75)

Coercion persuading someone to do something by threats (p74)

Compulsions An irresistible urge to behave in a certain way. (p73)

Consternation A feeling of anxiety or dismay, typically at something unexpected. (p73)

Deprecate Express disapproval of (p71)

Devastating Highly destructive or damaging (p74)

"Dogs our every step" Follow closely and persistently (p73)

Emphasis Special importance, value, or prominence given to something (p76)

Equilibrium A calm state of mind (p73)

Evaporate cease to exist (p75)

Goaded Provoke or annoy (someone) so as to stimulate an action or reaction (p73)

Grace (of God) Divine favor or benevolence, especially as freely shown by God to humanity without regard to merit. (p76)

Groveling Acting obedient or attentive to an excessive or servile degree in order to obtain forgiveness or favor (p72)

Hitherto Until now or until the point in time under discussion (p74)

"Humble Pie" Make a humble apology and accept humiliation (p74)

Implication The conclusion that can be drawn from something not explicitly stated (p75)

Inquire Ask about (p76)

Morality Principles concerning the distinction between right and wrong (p72)

"Nodding Acquaintance" A slight knowledge of a subject. (p70)

Obliged Forced by circumstance (p74)

Oblivion The state of being unaware or unconscious of what is happening around one (p71)

Paralyzing Causing an inability to think or act normally, especially through fear (p73)

Plague Any contagious disease that spreads rapidly and kills many people (p74)

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Prestige Widespread respect and admiration felt for someone or something on the basis of a perception of their achievements or quality (p71)

Quarrel Take exception to or disagree with (something) (p71)

Recoil Suddenly spring or flinch back in fear, horror, or disgust. (p73)

Reservation An expression of doubt (p73)

Seldom Not often; rarely. (p72)

Shortsighted Lacking imagination or foresight. (p76)

Strivings Struggles (p71)

Summon Call upon (p70,73)

Unremitting Never relaxing or slackening; incessant. (p75)

Virtue A quality considered morally good or desirable in a person. (p74)

Humili-what?

“the clear recognition of what and who we really are, followed by a sincere attempt to be what we can be.” – Bill Wilson

According to several dictionaries, the characteristics of a person displaying humility is one who acts “stable, steady, calm, patient, open-minded, nonjudgmental, temperate and realistic.”

In the big book, Bill Wilson adds to this list of characteristics:

“the desire to seek and do God’s will.”

On the desk of Dr. Bob in Akron, he kept a plaque that defined humility:

HUMILITY "Perpetual Quietness of Heart"

It is to have no trouble,

It is never to be fretted or vexed, irritable or sore;

To wonder at nothing that is done to me.

It is to be at rest when nobody praises me, and when I am blamed or despised.

It is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret And be at peace, as in a deep sea of calmness

When all around and about it is seemingly troubled.

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P76., The difference between a demand and a simple request

From "Do you demand, or do you request", published in Huffington Post on 2014-Jun-02 by Margaret Paul, Ph.D.

Demands: Asking for what you want and need in a relationship is important, but it becomes a demand when the other person does not have the right to say "No" without getting punished in some way by you. Most people don't like to be controlled, so when they know there will be negative consequences to saying no, they are likely to say yes and then go into resistance. For example, you might say to your partner, "I'm very tired tonight. Would you mind doing the dishes?" If your partner responds with, "I'm wiped out, too. Let's leave them and do them tomorrow," and you get upset, saying something like, "I can never count on you," then your question was a demand.

Requests: In the above example, if you had responded by saying, "Okay," then the very same question was a request. Sometimes it's hard to tell the difference between a request and a demand until you or the other person says no — and then you see what happens. Let's say you had responded by saying, "Well, okay, but you know it's really hard for me to leave the kitchen a mess at night. How about you keep me company and we do it together?" Your partner might say, "Sure." But what happens if their response is, "No, I don't have the time. I have some things I need to get done tonight before I can go to sleep." Once again, you are faced with either accepting your helplessness over your partner, who did not respond positively to your request, or getting upset, in which case it again turns into a demand.

Outside References and Literary Notes:

p75, "Of myself I am nothing, the Father doeth the works"
– John 14:10, King James Version, New Testament (Bible)

Character Defects vs Shortcomings

According to G.S.O.'s archives Bill W. commented about his use of "Defects of Character" and "Shortcomings" interchangeably in the Steps in a personal letter he wrote dated March 7, 1963. "Thanks for your inquiry, requesting to know the difference between 'defects of character' and 'shortcomings' — as those words appear in the Steps. Actually I don't remember any particular significance in these phrases. In my mind, the meaning is identical; I guess I just used two ways of expression, rather than to repeat myself. It's just as simple as that."