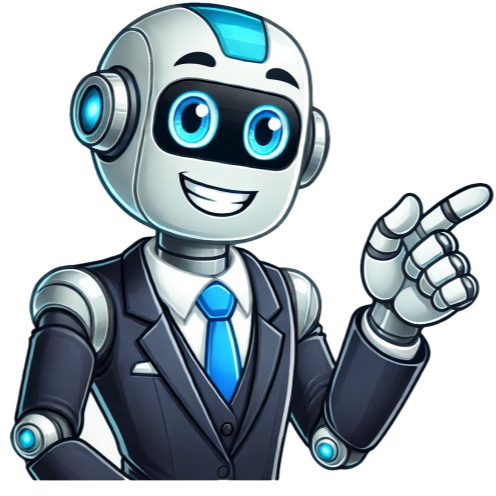


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Drop the rock

Drop the Rock is a story about a group of Twelve Step members who set sail on a ship named Recovery, sailing across the Sea of Life toward the Island of Serenity. As the story is told, soon after the boat pulls away from the dock, its passengers realize some of their friends from AA are missing. Sure enough, their friend Mary comes running down the street and onto the dock, racing toward the boat. The people on board cheer her on. "You can do it!" they shout. Mary dives into the water and swims for the boat as fast as she can. But as she nears the boat, she slows and struggles to stay afloat. Everyone on board can see why: a heavy rock is hanging from a snarl of strings around Mary's neck. "Drop the rock!" they all shout. "Let go! Drop the rock!" Treading water, Mary looks down at the rock. It contains all her fears, resentments, self-pity, anger and other character defects, and they're weighing her down. She also realizes that if she doesn't let go, she will likely drown. She tears off the strings, pulls the rock away from her body, and lets it sink into the ocean. Freed of the dead weight, Mary swims the rest of the way toward the boat. And she climbs aboard, exhausted but safe in the good company of friends who are on the same journey as her. How Can You Let Go of Resentment, Fear and Other Character Defects? Character defects like resentment, fear, anger and self-pity will weigh us down in recovery. Much like the rock that Mary carried, we have to let go of these shortcomings to stay happy, healthy and focused on our program. Sometimes we might experience these emotions in small doses and as ordinary reactions to life challenges. And that's okay. But when we carry these emotions around with us for longer than necessary, or when they become habit, we gamble with our sobriety. A big part of AA and Twelve Step recovery is learning to recognize and let go of the character defects, shortcomings and attitudes that would otherwise sink us. And when we learn to finally drop those "rocks," we can become who we want to be, and our acts of humility, willingness and courage will have a healing ripple effect on one another. And that's where the Steps come in: Step 6, Step 7 and Step 10 are designed to help you manage your shortcomings with grace and humility. How Do You Work Steps Six and Seven? To remove our shortcomings or defects of character, we're instructed to use Step 6 and Step 7. AA's Step 6: Were entirely ready to have God remove all our defects of character. AA's Step 7: Humbly asked God to remove our shortcomings. But Steps Six and Seven are only briefly discussed in the book Alcoholics Anonymous—commonly called the Big Book. And the Steps themselves are confusingly simple. We become ready, and we ask for the defects to be removed. Now what? Continually Practice Steps Six and Seven to Unlock Permanent Change At first, these Steps may seem underwhelming. We become ready, we humbly ask a Higher Power to help us with our defects of character, and then we wait. Our shortcomings may disappear temporarily—we feel our resentment, anger and self-pity slip away—but then it all comes rushing back, and we fall victim to old habits and patterns of thought. So what are we doing wrong? Why aren't we changed completely once we humbly ask for spiritual help? Well, that would be nearly impossible because change doesn't happen all at once. We have to intentionally work at changing our thoughts, habits and behaviors, and we have to examine our daily actions: where or how do we pick up the "rock" of shortcomings, and how quickly can we drop it? We ask repeatedly and whenever our defects of character arise for them to be removed. Eventually, and only with the help of Step 10, do we actually begin to change. But we have to patiently work at it. Using the Tenth Step to Ward against Your Character Defects AA's Step 10: Continued to take personal inventory and when we were wrong promptly admitted it. In addition recovery, we must remain watchful of our thoughts and behaviors, regardless of how much sober time we have. Our character defects and shortcomings can become equally as damaging as alcohol or other drugs once were—both to us and to the people we care about. And when we stop using alcohol or other drugs, our flaws don't simply disappear: Recovery is the process of actually getting sober. Yes. But more than that, recovery is the process of recognizing, confronting and neutralizing those character defects. And with the help of others, a Higher Power and Step 10, we can carefully approach each day, one day at a time, from a progress-based mindset. Just think: How much tension have your defects created? What would your life be like without selfishness, resentment, self-pity or fear? That is what you're working toward when you continue to take personal inventory, admit fault and slowly loosen your grip on your "rock." What Is the Tenth Step Ripple Effect? The ripple effect is the influence we have on other human beings, based on what we do (or don't do), what we say (or don't say) and how we show up in each moment. Our words and actions naturally ripple out to the people around us—and then to the people around them and the folks around them. It's an ongoing process of cause and effect. Now, as you work Step Ten in your own recovery, you will start to see how all your words, decisions and actions ripple out and affect others. You'll also notice how everyone else's decisions, words and actions ripple out and affect you. As you continue working your AA Twelve Step Program, this ripple effect will become obviously visible to you. Eventually you will see it functioning everywhere and at all times. And you'll take accountability for the times when you negatively affect others, be grateful for when others positively affect you and recite the Serenity Prayer for everything in between. The Takeaway: Using Steps Six, Seven and Ten to Control Your Recovery and Grow On any given day, most of us make hundreds of small and large decisions, act in hundreds of different ways and say hundreds of different things to a wide range of people. Each interaction and conversation has its own ripple effect, and we can't control them all. But we can use Step 6, Step 7 and Step 10 to face each day and moment with openness and serenity. In this way, the Steps are our touchstones for continued spiritual growth and transformation. We are no longer learning how to work the program. We are learning how to make the program a way of life, moment by moment and day by day as we shift from a focus on self to a focus on growth and service. **Editor's note: We much prefer the person-first language that emphasizes a person's identity before their disease. However, in keeping with the history of AA, its founding principles and the language that still exists within the fellowship, we have decided to keep the word alcoholic to describe people with substance use disorders. AA is welcome to all people with substance use disorders and is not restricted to alcoholism. Our hope is merely to capture the spirit and language of the program to describe the disease of addiction, and to approach self-identifying "alcoholics" with the language that AA commonly uses. © 1996-2014, Amazon.com, Inc. or its affiliates "Drop the Rock" refers to releasing character defects that hinder sobriety, based on a parable about swimmers crossing a lake while carrying stones. The concept directly relates to Steps Six and Seven of Alcoholics Anonymous, focusing on becoming willing to have character defects removed. Character defects include fear, dishonesty, resentment, perfectionism, and control that developed as survival mechanisms but become barriers to healing. Dropping these defects reduces relapse triggers, improves relationships, increases self-awareness, and leads to more authentic living. While 12-Step programs help many, recovery can also be achieved through alternative approaches like CBT, SMART Recovery, or medication-assisted treatment. Addiction recovery is all about letting go of burdens that hold us back. "Drop the Rock" refers to identifying and releasing character defects that sabotage sobriety and personal growth. This powerful concept, borrowed from Alcoholics Anonymous traditions, teaches people in recovery how to identify harmful patterns, accept responsibility for change, and practice ongoing surrender. What is "Dropping the Rock?" "Dropping the Rock" comes from a parable often shared in recovery circles about swimmers crossing a lake while carrying heavy stones.[1] The rocks represent character defects, resentments, and destructive patterns that weigh down recovery efforts. When swimmers finally drop these rocks, they can move forward freely toward healing. The phrase has become synonymous with the work done in Steps Six and Seven of the Twelve-Step programs, where people become willing to have their shortcomings removed. This concept encourages those in recovery to identify specific character traits and behaviors that block their progress. These include perfectionism, people-pleasing, controlling tendencies, dishonesty, or holding grudges. Recognizing these patterns and actively working to release them – through prayer, meditation, support groups, and conscious daily choices – helps people find freedom from the burdens that once fueled their addictive behaviors. Dropping the rock isn't a one-time event - it's a continuous practice of self-awareness and surrender throughout the recovery journey. How Does it Relate to Alcoholics Anonymous (AA)? Dropping the rock is deeply embedded in Alcoholics Anonymous culture and practices. The concept directly connects to Steps Six and Seven of AA's Twelve Steps, which focus on becoming ready to have character defects removed and humbly asking for help in this process.[2] Many sponsors use this metaphor when guiding newcomers through these critical middle steps of the program. The phrase gained widespread popularity through AA addiction literature, particularly the unofficial companion text titled Drop the Rock: Removing Character Defects.[3] This book has become essential reading for many AA members working to deepen their recovery beyond initial sobriety. The metaphor perfectly aligns with AA's emphasis on spiritual growth, personal responsibility, and the need to address underlying issues beyond just stopping drinking. Regular AA meetings often include discussions where members share their experiences identifying and releasing their "rocks," reinforcing this fundamental recovery principle within the fellowship. About AA Programs Alcoholics Anonymous (AA) has become the foundation for many recovery journeys since its founding in 1935. [4] The program centers around Twelve Steps and Twelve Traditions that guide members toward sobriety and spiritual growth. The Big Book (officially titled Alcoholics Anonymous), first published in 1939, outlines the core principles and methods of the program. This text combines personal stories with practical instructions for working through the steps. AA meetings happen globally in various formats, from speaker meetings to step studies, creating spaces where people can share experiences without judgment. The program emphasizes that recovery happens through connection with others, spiritual awakening, and helping fellow alcoholics. While rooted in spiritual principles, AA welcomes people of all beliefs and backgrounds, focusing on practical solutions rather than dogma. The enduring success of AA has inspired numerous other recovery programs that adapt its principles for different addictions and challenges. What Are Defects of Character? Character defects represent persistent patterns of thinking and behaving that harm ourselves and others. In recovery settings, these traits often develop as survival mechanisms but ultimately become barriers to healing and connection. Recognizing these patterns is the first step toward releasing their power over our lives.[5] Fear that paralyzes decision-making and prevents vulnerability Dishonesty with oneself and others about feelings, needs, and actions Resentment toward people, institutions, or circumstances perceived as harmful Self-centeredness that prevents empathy and connection with others Perfectionism creates impossible standards that lead to disappointment Control trying to manage outcomes, people, and situations beyond our power Pride that prevents asking for help or admitting mistakes Impatience with the natural pace of healing and growth Intolerance of differences in others or alternative perspectives Jealousy focusing on what others have rather than personal gratitude Procrastination is avoiding necessary actions through delay tactics Catastrophizing, assuming the worst possible outcomes in any situation Guilt carrying excessive responsibility for past actions despite amends Denial refusing to acknowledge problems or their impact How Dropping the Rock Can Help With Recovery Working on your character defects can transform your recovery. When people in recovery actively practice dropping their rocks, they create space for positive change and deeper connection. Reduced emotional triggers that might lead to relapse Improved relationships with family, friends, and community Greater self-awareness that helps identify unhealthy patterns before they cause harm Increased serenity from letting go of control and perfectionism Better stress management through healthier coping mechanisms Spiritual growth that provides meaning and purpose beyond substance use Enhanced communication skills that prevent isolation and secrecy Stronger boundaries with oneself and others Freedom from shame, which often fuels addictive cycles More authentic living aligned with personal values and goals Do I Need to Participate in a 12-Step Program? While Twelve Step programs like Alcoholics Anonymous have helped many people recover from substance use disorders, they aren't the only path to recovery. Many individuals find healing through alternative approaches that better match their preferences and needs. Recovery is highly personal, and what works effectively varies from person to person. Some find success through evidence-based therapies like Cognitive-Behavioral Therapy (CBT), Motivational Interviewing, or SMART Recovery, which offers a science-based alternative to 12-Step programs. Others benefit from medication-assisted treatment, particularly for opioid or alcohol use disorders, where medications help manage cravings and withdrawal symptoms. Many recover through professional treatment, community support, spiritual practices, holistic approaches, and lifestyle changes. The most important factor is finding an appropriate approach for you and addressing your challenges. If you're uncertain about which direction to take, speaking with addiction medicine specialists or therapists can help clarify your options and create a personalized recovery plan. About Substance Use Disorders Substance use disorders occur when repeated use of alcohol, drugs, or other substances causes significant health problems and interferes with daily responsibilities.[6] These complex conditions affect brain function and behavior, creating powerful urges to continue substance use despite harmful consequences. Addiction can often begin as casual use, but can also quickly transform into compulsive behavior as substances change brain chemistry related to reward, stress, and self-control. These disorders exist on a spectrum from mild to severe and can involve various substances including alcohol, prescription medications, and illegal drugs.[7] People with substance use disorders typically experience tolerance (needing more to achieve the same effect), withdrawal symptoms when stopping use, unsuccessful attempts to quit, continued use despite problems, and significant time spent obtaining, using, or recovering from substances. Treatment approaches vary widely based on individual needs, substance involved, and severity of the disorder, but often include a combination of therapy, support groups, medication, and lifestyle changes. Alcoholics Anonymous (AA) is one of the most respected programs in addiction recovery. Many aspects of the program contribute to its success, including the 12 Steps and their significance. Among them is "Drop the Rock," a story about a group of 12-Step members who symbolize transformation and overcoming challenges. What Is Drop the Rock? "Drop the Rock" is a story from "Drop the Rock: Removing Character Defects." It's about a group of 12-Step members who set sail on a ship named "Recovery," sailing across the "Sea of Life" toward the "Island of Serenity." [1] As the story goes, once the boat pulls away from the dock, the passengers realize some of their fellow members are missing. Their friend Mary comes running to the dock and the boat. The people aboard cheer her on, assuring her that she can do it. She dives into the water and swims for the boat as fast as she can, but she slows as she gets near the boat and struggles to stay afloat. The passengers on the boat can see why: there's a heavy rock hanging from strings around Mary's neck. "Drop the rock!" they all shout. Mary looks down at the rock and views it as a collection of her resentments, anger, fear, and self-pity, all weighing her down. She knows she needs to let go to avoid drowning. Mary tears the strings from her neck, pulls the rock away, and lets it sink into the deep. No longer hampered by dead weight, Mary swims to the boat and climbs aboard, exhausted but safe and surrounded by recovery friends on the same journey. What's the Meaning Behind Drop the Rock? In addition recovery, the story of "Drop the Rock" is symbolic of letting go of negative character traits, harmful patterns, and emotional burdens that may be holding you back from sobriety. By releasing the metaphorical rock, Mary releases the obstacles that weigh her down and surrenders herself to a higher power for personal growth and a healthier life.[2] Drop the Rock is derived from the principles of Steps 6 and 7 of AA for personal recovery. These steps are:[3] Step 6: "Were entirely ready to have God remove all our defects of character." Step 7: "Humbly asked God to remove our shortcomings." Although these steps are only briefly discussed in the "Big Book" of AA, they are simple and profound. How to "Drop the Rock" Character defects like anger, fear, resentment, and self-pity can weigh people down on the path to recovery. Like the rock that hindered Mary, it's essential to let go of these defects and emotional baggage to live a happy, healthy, and sober life. Addiction recovery doesn't mean you won't experience these emotions – in small doses. Life can bring stress and challenges with momentary emotions. The difference with the rock is that these emotions are carried longer than necessary. They become habit and comfort, potentially harming progress. A big part of AA and the 12-Step program is learning to recognize and let go of these defects and unhelpful thought processes, lest they "sink" you. When you finally "drop the rock," you can become who you want to be. Working Steps Six and Seven Steps 6 and 7 and the Drop the Rock story may seem simple. However, once you reach the point in your recovery to ask a higher power to help with character defects, it can be a powerful experience. The resentment, anger, hurt, and self-pity may subside and return, threatening a return to old habits and thought patterns. Change doesn't happen all at once, especially in recovery. You must work at intentionally changing your thoughts, habits, and behaviors, working each day to understand why you pick up your rock – and, more importantly, how you can drop it. Working Step Ten AA's Step 10 complements Steps 6 and 7: taking personal inventory.[4] Remembering your thoughts and behaviors, no matter how long you've recovered is important. Character defects and emotional baggage can be just as damaging as the addiction you've overcome to both you and those around you, and they can stick around much longer. Step recovery is more than getting sober. It's also the process of recognizing, confronting, and eliminating those character defects to live more deliberately. As you work on Step 10, you can see how "dropping the rock" and working on character flaws can positively affect you and those around you daily. Getting Help for Addiction While AA and the Steps can be helpful in recovery, they're not usually enough to overcome addiction on their own. Instead, AA can be part of a comprehensive addiction treatment program that includes other evidence-based therapies. Addiction is a compulsive need to continue using a substance despite the problems it causes in your work, personal life, or health. With alcohol addiction, it can be extremely difficult to overcome not only the mental aspects of addiction, but the physical effects of alcohol. Withdrawal can have intense and potentially life-threatening symptoms, increasing the risk of relapse or complications. Because of this, medical detox may be used prior to an addiction recovery program. With detox, you'll have a medical team to monitor your health, manage symptoms, and prevent dangerous complications to keep you as safe and comfortable as possible while your body adjusts to the absence of alcohol. Once detox is complete, you can enter an addiction treatment program on an inpatient or outpatient basis. Treatment programs are individualized, but you may undergo individual therapy, group counseling, peer support, behavioral therapies, and other types of therapies to address the emotional, social, and psychological aspects of addiction and learn to live a sober life. Take Control of Your Recovery and Achieve Personal Growth Drop the Rock and Steps 6, 7, and 10 can help you let go of your character flaws and emotional baggage, the negative emotions that weigh you down, and move forward in your recovery. The Steps are a touchstone for spiritual growth and transformation, giving you the skills to support lifelong sobriety. Jump to ratings and reviewsResentment. Fear. Self-Pity. Intolerance. Anger. This cast of character defects will undermine the best-laid plans for recovery from addiction. It's not uncommon for individuals in recovery to hang on to negative, self-defeating behaviors after they've given up their addiction. These are the "rocks" that can sink recovery - or, at the least, block further progress. With more than 100,000 copies sold, Drop the Rock is the definitive guide to removing character defects that can prevent gratifying, long-standing recovery. Based on the Twelve Step program, particularly the principles behind Steps Six and Seven, Drop the Rock combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories, a reference section, and information about starting a Drop the Rock study group. 2037 people are currently readingDisplaying 1 - 30 of 101 reviewsApril 3, 2014Step 6 I cant keep practicing my character defects and expect God to remove them! I have to develop a new set of habits and practice them. I must be willing to make the choice between my old and new habits. When it comes to will, I must be willing to put God's will in place of my will into action. I also have to be willing to accept that God will take care of me. I have to give up the fear of being comfortable in my own chaos and the unknown of not living the chaotic life. I have to get out of the comfort of practicing my character defects. It is the living of these defects that have hurt others, myself and separated me from God. Practicing my character defects led me to and separated me from Suzie. Another area(s) I have to let go of is belief in self. If I believe in God and believe God made me perfect in mind, body and spirit than I have to accept who I am. This is new for me as I have spent a life making me something I am not. On one hand through self discovery I am happy with what I have found. On the other am appalled at what I see. If I am to grow I have to accept me as God made me. I am to love who and what he has created. It is courage that turns possibilities into realities and assures us that progress in improving our character is possible. I am punished by my defects of character, not because I have them. My defects keep me from being all I can become. They limit my ability to grow. If guilt & shame come from the past does this mean I am still living in the past? Are not these emotions from within? Yes, I can divert & or change my thoughts but I can not stop from where the thoughts come. If am to experience joy/happiness I must deal with the source of these emotions (guilt & shame). Step 7Humility is an attitude. Humility is acceptance of ourselves. Step seven is about asking God to help me change the thinking, actions & behavior that stand in my way. The way to get through fear is action-and to ask for help. The hardest part of my life is facing my fears. If I can divert/change my thinking to: The most exciting part of my life is facing my fears!! Will this not add to peace of mind? August 25, 2012Fantastic, has helped me be a better and have a better life. It is a great book to read at any length of sobriety. I read it at 5 years and then 10 and then just recently at 15 and it has helped change me. November 15, 2013I had a hard time with it. Kind of felt like everyone who has ever preached to me got together, once and for all, to tell me how to live my life. May 19, 2022For those familiar with the Alcoholics Anonymous 12 Step program, this book focuses on Steps 6 and 7. That is, "6. Were entirely ready to have God remove all these defects of character," and "7. Humbly asked Him to remove our shortcomings." So, after completing Steps 4 and 5, one's inventory of personal character defects becomes obvious. But if God removes all of one's character defects, many of us would be "the hole in the doughnut". What would be left of us? This book goes through the fears one might have before asking one's Higher Power to remove one's character defects, and (as is implied in Step 7) becoming of service to one's fellows... not just one's fellows in AA, but of service to everyone. It seems like a lot of work, but compared to the disaster an alcoholic leaves in his wake and the work it takes to clean up that mess, the spiritual work seems an easy trade.This book also features opinions from various members of AA, men and women, and how they approached working Steps 6 & 7. The audiobook narrator has a great voice, but he doesn't do voices, so when a woman's story is being read, the narrator keeps his same voice. It is a toss up whether this is good or bad. Audiobooks are presentations, and in this case it should not be considered entertainment. Thus feigning a female voice by a male narrator might be considered inappropriate. Your mileage may vary.Fabulous work. I'd read it again and recommend it to anyone working a 12 Step program including Alcoholics Anonymous, Narcotics Anonymous, Overeaters Anonymous and such.12.steps aa alcoholics-anonymous August 7, 2013Profoundly changed my approach to steps six and seven. I am grateful for the opportunity to see how crucial these previously under-appreciated steps are in my journey. Dropping the effing rock remains a necessity within my daily routine. February 20, 2025Interesting book that helped me actually take steps 6 and 7 seriously. They really can be more than just "thought steps."October 6, 2012Excellent book for people in recovery from addiction. Written about the 6th and 7th steps from the 12 Steps of Alcoholics Anonymous, it is a wonderful source for instruction on living out these steps. I will keep my copy and reread it over and over, as a reminder and to continue to grow in my understanding about how to live "right sized" when I tend to think, falsely, that I am bigger or smaller than my problems. August 20, 2014Excellent advice written in a clear and concise manner. I recommend to anyone in recovery. September 8, 2016February 9, 2024I loved it. Steps 6 and 7 have been quick and easy in my doing of the steps. Really great insight into how giving God our shortcomings is truly a decision and one to ask for with intention. May 2, 2022Rating: 9/10Pages 100This book reads very easily between talking about character defects and not living in resentment, with great shares in between, and moving through understanding of the steps. For myself, it was a better way to hear about resentments and being aware of my defects (which I am painfully aware of) and using that to my advantage. It is a book of self awareness and not letting that gremlin in my head go to town about it all. Instead taking all the other steps and moving through them. This book took me a long time to finish as I tend to really have to stop and reflect every darn page. But like so many other books I have started tackling in this adulthood world, I am pretty sure the book weighs twice as much with all the highlighting and notes. Keeping on the shelvesread-books read-reviewed recoveryJune 15, 2020"Separating the men from the boys" is a figure of speech and is not sexist. I can't read past the narrow minded subjective opinion of the first chapter. Look up the definition of the word sexist before you use it in a sentence. That's like saying Mary's Story is sexist because Mary is a female and there is no reference to a male in the story....there fore it's sexist. The writer obviously holding on to some resentment towards men or some other driving factor that would create you to say something is sexist when it is clearly not. Idiots...you are the reason why people need a 12 step program. You are the fucking problemDecember 1, 2021It is the latest example of Fellowship Best Sellers, following the path of The Road Less Travelled, Not God and others. It is a welcome addition to the program literature table. It is a profound and valuable meditation on defect removal; in my experience, my capacity to generate personal defects is boundless, so mediation on their removal is never-ending. This is a great contribution to Program spiritual literature.July 1, 2024The first 3/4 of the book is sprinkled with thoughts and meditations worth (re)visiting, but by the end of the book I couldn't help but feel the author falls on the zealotry end of the zealotry-enlightenment spectrum. Bill W in the Big Book and 12 and 12 is pretty clear that the primary purpose is about alcoholism, but the author suggests individuals go to almost monastic ends to become willing to give up their character defects to God. Not entirely off base, but too extreme for my tastes.April 23, 2021I really appreciate and value the words in this book. Coupled with the timing of the season of life, it brought healing, gave tools, and offered good practice to develop new healthy patterns. Changing lifestyle rhythms can feel discouraging and overwhelming. This book provided breathing room and good, necessary pep talks that were invaluable to me.November 1, 2021Recovery BasedMy sponsor and I read this together and it has lot's of insight on how to stay sober. I enjoyed the story in the last chapter about why keeping the rock seemed so important at first. I am glad it was on Kindle Unlimited cause of my budget.Hoping to read the next book when on Kindle Unlimited as well...April 29, 2023A book evangelising the lore and details regarding step 6 and 7 of the "12-step" program for AA. I had not been familiar with the subculture that exists around this program. The content is interesting regardless of one's addiction to alcohol, there are teachings for self betterment communicated with high conviction.February 11, 2024A great guide through steps 6 and 7 of the 12 step. The AA Bib Book says very little about steps 6 and 7 which can give the impression that they are less important. This book reminds us not only that they are important but that they are vital to growth in recovery. The book also gives very practical guidance. I will be reading it again!February 29, 2024Interesting book, that tries to give us a path on how to be in life in a way that is worth it. Think the book could be much better than what I felt, it tries to describe the steps needed to achieve that state, but only in the end presents them, making it quite difficult in the beginning of the book to understand what was each step purpose that was trying to present.August 9, 2017A good review of steps six and seven as written in the book Alcoholics Anonymous. Good use of personal stories to elucidate the points being made. Somewhat limited in some of the discussion but a worthy read map for any human dealing with the rigors of the human condition.December 21, 2017Inspiring! was a challenge I heeded. It reminded me to see the steps everyday. My recovery of 30 years has had ups and downs. I heeded to look at my recovery in an old light just the way I did on the beginning.April 17, 2018This book was a good explanation of the attitudes and actions needed to make a productive start on the 6th and 7th steps. I enjoyed the personal stories included in the book, they made the ideas more relatable for me.March 19, 2019Great book on expanding the importance of steps six and seven. Two steps commonly overlooked because they are misunderstood , yet so imperative to sobriety. Read it through with my sponsor and he was able to help answer my questions. November 2, 2019Great inspiration and guide for really letting go of character defects. Great inspiration and guide for really letting go of character defects. Makes so clear what one needs to do, and the outlook that breeds victory!April 8, 2020A revelation in my own personal recovery. I highly recommend this book. It helped me to dive deeper into the meaning and purpose of steps 6 and 7 in my 12 step recovery process. It helped me understand what is meant by "defects" too - which are really just behaviors that I learned in order to survive in my world - not necessarily "bad" or "good" - just traits that do not serve me very well now. A wonderful addition to my toolbox.August 4, 2020I believe that this will help you who are looking for sobriety and a life second to none. I found it, and hope to give it to someone .Who can really benefit from it. I believe that this will help those in need of some good soul searching.October 2, 2020Very EnlightenedI learned that these 2 Steps really are about having deeper trust in my HP and trusting my HP will continue to solve ALL my problems. That includes removing these fears. Which is what I am asking my HP to do in Step 7. Can't wait to read the follow-up book!!Displaying 1 - 30 of 101 reviewsGet help and learn more about the design.