

Meeting Date:
June 11, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 6 – I was always Right / Moving Forward

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Al-Anon Speaker: Jean H, Wauwatosa

Book: Reaching for Personal Freedom, Page 36 & 38

For years, I didn't recognize how being hungry, angry, lonely, and tired had always gotten me into trouble. My alcoholic was always present, so how could I be lonely, when I was with him all the time? I was always finding a reason to be incensed, outraged, and self-righteous. Those were the only emotions I allowed myself to feel; they were reactive. The alcoholic once said he as upset with me because I was "always right." He had a point. Because I focused so much energy on curing, helping, and controlling, I did not focus on my own personal growth. Moreover, I was unable to ask another human being for help, let alone God.

After completing Step Five, I thought Step Six would be easy. I was wrong. I was never "entirely ready" for anything in my life, not to mention having a God remove my character defects. I was self-willed, head strong, self centered, Mr. Know-it-All.

1. How do I know when I am "entirely ready" to ask God to remove my defects?
2. In what ways do my character defects mistakenly bolster my self-image?

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