

Step 6 Were entirely ready for God to remove all these defects of character

6H Instinctive reflex

We have a number of quick reactions: pull back when burned, reaction to needle pricks, etc. In our addiction, we had a number of such reactions - we reacted to certain events and sights without thinking. For most of us, these reactions were the natural reactions we had as children. Others started as we were “imprinted” with certain experiences. We have kept them and now they are ingrained as “neural pathways” in our brains. We adopted behaviors to push away or control the world around us. We see these defects now by how we unconsciously react to certain events.

What triggers do I still react to or have an instinctive response to? Do I have something pulls me visually (where I need the “3 second rule”)?

In the rest of my life, what kinds of things do I have an automatic reaction to?

Can I identify when I am more susceptible to noticing those “targets”? What conditions in my life set me up to be looking for them?

When I stop to think about these reactions, what needs do I typically find that I have been ignoring? (Starting with the HALT - hurting, hungry, angry, lonely, tired)

What do my reactions tell me about how my brain is wired? When I look at how I react, what does that tell me about defects in my character?

How does working the program help me turn those “deep wirings” over to a higher power?