

Step 7 – Humbly asked God to remove our shortcomings

7A – Humility

Humility is different from being humiliated or shamed.

By working this program, what have I learned about humility so far?

What do I not like about the experience of learning humility?

What have I found out about being humble that helps me to not just stop acting out, but to get and remain sober?

How is adding humility to my life improving my character?

How are honesty, tolerance, love of my fellow human beings and my higher power entering into my life?

What does it mean for me to seek God's will in my life?