Contents: 7th STEP WORK - 31 days of it.
Do: In the morning - directly when you awaken.
Time: Takes approx. 2 minutes
Goal: Review your defects from last night and ask your higher power to remove it today.
Note: Best if done on your knees (“humbly”), but not necessary if it creates a problem for you.
Sample: Review the sample below and follow guidelines to the best of your ability.

(Read aloud): Step 7...Humbly asked Him to remove our shortcomings.

Directions: First fill in the blanks on last nights defect, then read everything below aloud.

God, I offer myself to Thee
To build with me and to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do Thy will.
Take away my difficulties, especially my need to control people, places & things, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of life, May I do Thy will always!
I'm tired of being CONTROLLING - I now let it go.

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, especially my need to control people, places & things. Grant me strength, as I go out from here to do your bidding.

The next time I feel myself controlling people, places or things, I'll remember that this is one of my character defects that no longer serves me, and I'll continue to try & let it go.

And so the results come, sometimes quickly, often slowly. And as we see our character defects fall away or become transformed into assets for us and for other people, we know more and more of what recovery truly is.