

This is a quick statement on continuing step work on self-defeating beliefs with Steps 6 thru 12.

Am I willing to forgive myself and those involved in supporting this belief in Step 6?

Step 7 Am I willing to give this self-defeating belief to God so that I can have a new belief?

Am I willing to make amends to myself and others harmed by a result of having this belief Step 8&9

Am I willing to be vigilant about allowing God to help me change this belief by a Step 10 experience?

Am I willing to seek freedom from this belief in prayer and meditation, growing in understanding and effectiveness with God in Step 11?

Step 12 am I willing to help others break free from the bondage of this disbelief by helping others? Can I ask God to use me to help them in the Step 12 experience?