

Meeting Date:
June 25, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 6 – Making a Commitment

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Al-Anon Speaker: Rebecca, Wind Lake

Book: Reaching for Personal Freedom, Page 37

I think of Step Six as a contract. I am making a commitment to enter into the process of having my defects removed. One of my most stubborn character defects was believing that I was fundamentally unlovable. I found it impossible to believe that I deserved to be loved in the same way as so many of my recovering friends.

This character defect and my stubborn refusal to let it go made me very miserable for a long time. My life was blessed in many ways, but I was miserable and very sick. I chose to take a medical leave of absence from work to focus on myself and my recovery. I made some very good decisions about how to take care of myself and my health. I didn't realize it at the time, but I had become entirely ready to have God remove the defect of character.

This character defect had kept me isolated, so no one could get close enough to hurt me. But ironically, it hurt me more than the people, I was pushing away. Not until I realized how much I was hurting myself did I become ready and willing for God to remove this defect of character. Then I was able to take action to change.

1. How has my pain led me to be willing to "Let Go and Let God"?
2. In what ways has isolation kept me trapped in my character defects?

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