



CHANGES

— HEALING CENTER —

AA STEP 6 WORKSHEET

Complete each section of this worksheet as you navigate AA Step 6.

What could your life be like without this character defect?

Who can help me complete this step?

Finish the sentence: "I am ready to let go of this character defect because I trust that:

If you need professional support for a substance use disorder, call Changes Healing Center at 602.691.7244.