

Step 7

"Humbly asked Him to remove our shortcomings."

The key of this step is an understanding of the word humility. Humility is as much a part of staying sober as food and water are to staying alive. As we struggled along in our addiction we devoted our energy towards satisfying our material needs. We always had to have a satisfaction of our basic desires such as prestige and power. We never thought of spiritual growth or asking a Higher Power for direction. WE were the Higher Power.

We could handle the trials and tribulations of life all by ourselves. It wasn't until we made a real mess of our lives that we realized that we couldn't do it alone. By admitting that we were powerless over our addiction and reaching out for help we achieved our first glimpse of humility

When we were in our addiction our spiritual and emotional growth came to a halt. We did not mature and grew like a normal person. Now that we are sober there are many situations that arise in our daily life that are difficult to understand. By practicing the virtue of humility and reaching out and asking for help we can get through even the toughest times. I can't We can. It is a sign of growth.

We have to realize that people can give us direction and that our way of thinking is not the only way. We must puncture that ego and realize we have much work to do. When someone points out a shortcoming our first reaction is one of defensiveness. If we really want to grow we will take a good look at what is pointed out. We must realize we are not perfect and there are things we must change.

The main objective of step seven is to get out of ourselves and to strive for achieving the will of our Higher Power. Our will didn't work.