

## **Step 7, Group 1**

**We humbly ask a Higher Power and our friends to help us to change.**

Step 1 Calls us to be Honest

Step 2 Calls us to have Hope

Step 3 Calls us to Faith

Step 4 Calls us to have Courage

Step 5 Calls us to have Integrity

Step 6 Calls us to Willingness

### **Step 7 Calls us to HUMILITY.**

If you have really “tried” to work Steps 1-6 you are ready to move on to Step 7.

- In Steps 3-6 you:
  - Made the decision to turn your will and your life over to your Higher Power.
  - Tackled the task of making a searching and fearless inventory of yourself.
  - Admitted your wrongs.
  - And are ready to let God remove your weaknesses.

The opposite of humility is PRIDE – ARROGANCE- EGO.

What is HUMILITY then?

When you succeed in something it is natural to feel the PRIDE of accomplishment.

- This is normal, natural, and spiritually good.

What is NOT normal, natural, and spiritually good

- is to take this pride and “build yourself up” to be better than others.
- You set yourself as “superior” to others.

We all have qualities/talents/abilities/strengths that may be greater than others.

- We should thank the Creator for these- this is humility.
- Be very careful not to turn normal pride into arrogance.

**Draw 2 pictures of yourself:**

**Picture # 1 A "GIFT/TALENT/ABILITY you have accepted with humility.**

**Picture # 2 A "GIFT/TALENT/ABILITY you have with which you feel/act in an arrogant or prideful way.**

## Step 7, Group 2

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Step 6 Calls us to Willingness

**Step 7 Calls us to HUMILITY.**

Step 7 invites us to take a look at ourselves and our relationships with others.

- When we begin to abuse drugs/alcohol we STOP growing:
  - Emotionally
  - Spiritually
  - Cognitively
  - Relationally

We have some self knowledge now because we tried our best with Steps 1-6.

- We are very familiar now with the anger, hate, and resentments we have been carrying.
  - Steps 1-6 we search deep within ourselves find these in our hearts and let them go.
  - We do this with help from our friends/peers.

In Step 7 we are invited to replace anger, hate, and resentment with SOLUTIONS for our life problems.

### **Solutions:**

- Move us toward balanced living
- Healthy relationships
- Relationships based on mutual respect

Can you imagine what this might look like in YOUR life? Draw it.

## Step 7, Group 3

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### **Solutions:**

- Move us toward balanced living
- Healthy relationships
- Relationships based on mutual respect

The following are common statements made by folks.

Identify whether each statement shows “humility” or “arrogance.”

	God gave me this gift of .....
	I am the “best” there is.
	I am the “badest dude” around.
	I own you.
	I get down on my knees to no one.
	Help me understand what you are saying.
	My needs come first!
	I don’t need help, I can do it myself.
	Please, I need help from you.
	I’m not always right about things.
	I don’t need to change – I’m good!
	I know what I’m talking about.
	I am proud of being Apache.
	AA meetings are for “sissies” to whine at.
	I’m smarter than most.
	My partner and kids are the “best.”
	I don’t need anyone else.
	I don’t deserve forgiveness.
	I would never apologize to someone.

Write a prayer where you “humbly” ask the Creator to remove your weaknesses.

Step 7

**“We humbly ask a Higher Power and our friends to help us to change.”**

Let’s Mind-Map HUMILITY

**HUMILITY**

## Step 7, Group 1

### Ticket

Welcomed Sobriety Circle this morning and opened the session with the Serenity Prayer. Proceeded to review important concepts covered with Step 6 of the AA 12 Steps. Then introduced Step 7:

**We humbly ask a Higher Power and our friends to help us to change.**

Talked/discussed/processed with group the importance of “working” the first 6 Steps in order to reach a willingness to actually make the changes needed. Talked about what “humility” means and how the weaknesses (character deficits) get in the way. Talked about the opposite of humility being pride – arrogance – ego. Processed what “good” pride is as opposed to the arrogance which keeps us isolated. Clients were then asked to illustrate via drawing a personal gift/talent/ability accepted with humility, and one acknowledged only out of pride and arrogance. Group then shared their self awareness.

### Plan:

- Continue focus on Step 7 and understanding “willingness to change.”
- Continue peer support and positive interactions.

attentive and willing to engage with peers. Willing to share personal awareness with others.

## Step 7, Group 2

Welcomed Sobriety Circle this morning and opened the session with the Serenity Prayer. Proceeded to review important concepts covered with Step 6 of the AA 12 Steps. Then introduced Ste 7:

**We humbly ask a Higher Power and our friends to help us to change.**

Today’s focus was on acting on our “willingness” to change by taking positive steps toward this. Talked about the importance of “help” from friends, peers, and wise elders. Processed how Step 7 calls us to replace anger, hate, and resentment with solutions for our life problems. A solution focus moves us toward balanced living, healthy relationships, and relationships based on mutual respect. Clients were asked to “imagin” this in their lives and draw it. Group then shared these images with each other.

**Individual Note:**

Client shy but will respond when called on. Has a hard time initiating in group.

**Plan:**

- Continue focus on Step 7 of the 12 Steps of AA.
- Continue positive peer support for sobriety.

**Step 7, Group 3**

Welcomed Sobriety Circle this morning and opened the session with the Serenity Prayer. Proceeded to review important concepts covered with Step 6 of the AA 12 Steps. Then introduced Ste 7:

**We humbly ask a Higher Power and our friends to help us to change.**

Today's process group focus continue with discussion of the meaning of both "humility" and "arrogance." Clients were asked to identify whether commonly heard statements indicate "humility" or "arrogance. They then were invited write their own 7<sup>th</sup> Step Prayer for help. Group members then shared these prayers.

**Individual Note:**

Client able to identify the difference between real humility and arrogance. Able to share with peers.

**Plan:**

- Begin study/processing of Step 8 of the 12 Steps of AA.
- Continue encouraging active responsibility in sharing with peers.