

SECOND EDITION

# drop the rock

REMOVING CHARACTER DEFECTS

Steps 6 and 7



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## Drop the Rock: Removing Character Defects - Steps Six and Seven



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that may sink recovery--or at the least, block further improvement. Resentment. Self-Pity. Fear. In line with the principles behind Measures Six and Seven, Drop the Rock combines personal tales, practical advice, and powerful insights to greatly help readers progress in recovery. Anger. As Bill P. explains, these are the "rocks" A practical information to letting go of the type defects that get in the way of true and joyful recovery. Intolerance. The second edition features additional tales and a reference section.



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Transformation: It Happens for me With This Book Steps 6 & What my plan was missing. I have already been able to share this inspiration and perspective with others working on recovery, because it is articulated therefore well and coherently in this 100-page text message. I recommend it highly to anyone working on recovery from any addiction - after all, as the reserve observes, the addiction is the sign of the deeper problems needing correction. Supports the 'weight' ;) We am a grateful 12-stepping person. I recognized my need for training as I've floundered a bit despite having sponsor help. I Googled "6th step" and this was a discovered treasure. It is good for me as I've been in a program for 3 years now and in a position to more honestly take action to heal..... This publication provides a fresh and in-depth appear at measures 6 & This is among my staple recovery . Have got I been willing to do my component in changing what I could? as if to recommend they don't need as much interest.. I recommend this book as an essential health supplement to the Big Book & like remove a limiting habit. I read one review that suggests this reserve could be a bit too much for a newer 12-stepping person.. That is where this book comes to the rescue! MAY I logically expect my HP to override my will? I have to do my component. For me I experienced to come to know myself enough to see I required such a tool. This is one of my staple recovery books. And thus goes the 12-stepped based dialogue of changing myself... Of the traditional "3-A's" of recognition, acceptance and action. An absolute must have and read Amazing and existence changing...I am suggesting a buyer consider buying as well "Fearless Relationships" simply by Karen Casey as this publication motivates and problems me to believe differently and be ready to act-as-if. After 30 years in Alanon and AA, the very first chapter changed my recovery... Price a lot more than doubled!. This may be so.and reading them combined ( and rereading) has been good.Enjoy and grow. AN IMPORTANT book for 12 Stage Recovery This should be a required text for 6th & 7th Step work! Really digs deep into character defects. I truly think that the guidelines included within the "Big Book" are absolutely essential for recovery.. Aged pathways in my own brain lead to old, much less effective coping skills, but to avoid using them is certainly a difficult habit to break. However, I also think it is quite deceptive in it's brief and concise explanation of the 6th &. Do I expect my HP to do it ALL for me personally. Therefore, I have pointed out that these two methods tend to be completed in the time it takes to learn the two brief paragraphs in the Big Book. Fortunately, there's more instruction and discussion in the "12 & 12", however, the vocabulary and metaphor are often quite challenging for those who are new to recovery.yet I embrace it thus darn fervently? This publication walks you through the thought processes of recognizing, determining and removing those defects of character or "shortcomings" which cause us to stay unhappy, unsatisfied and unsuccessful in life.And what this publication does is provoke a deeper self-awareness. 7 in method that

anyone can understand. I've found it to be effective in helping the newcomer to identify the underlying fears with trigger the defects of character to activate, so that they may find out the skill of NOT "stepping on the toes of their fellows" and therefore, create more harmony within their lives and romantic relationships with others.. Your mileage can vary greatly. It is a good, thoughtful book to ponder whether you are in a recovery system or not. It had been a complete attention opener on how easy it is to keep being in a friendly level with others and acquiring my part in anything that I may believe is going wrong. Worth the read! We don't advocate many books outside of the Big Publication but this is an excellent, easy read. Really enables you to realize just how much depth there's to these two measures without forcing you to endure any guilt from not understanding them well the first time around (or second). It will require you to the next level regarding personality defects- recognizing your very own, when you act from them, how to acknowledge this and move forward in your recovery. 7 to the very best of my capability (and knowledge level) in early stages. Now in my own second year, I came across this to be an interesting read for anyone prepared to give the measures some more thought- especially after you get a short amount of time under your belt. I did step 6 & I credit this book as a vehicle that's supporting me motivate myself to drop the rocks also to BE WILLING to possess my HP take away the layers of gnarly sediment which has hidden the buoyant soul. This reserve is crucial read. I came across that it demonstrated me a means of dealing with others on an even of equality. I'm no more or much less than anyone else. 7.but Casey's publication offers a more 'how-to-do-it'. Started achieving to read this book. 2 folks bought 5 copies each at less than \$6. Apparently they thought this reserve was going to start selling wildly once again and doubled the purchase price and now call it a "Greatest Seller"!Wanted to buy 10 more but won't except if they drop the price back down. There are some great passages and there's the right advice, but the publication rambles into territory that appears irrelevant and in addition veers into an absolutism that I don't find worthwhile. Some choice stuff here and there but rambling Others have got recommended the book and so I picked it up. Will raise review to 5 superstars if they do. For me, the Steps are pretty simple, and I believe this publication over complicates Six and Seven. 12 & Also includes a terrific CD. Am I still beneath the pounds of 'rocks' that I cling too and which limit my reaching a new system of peace in my life?... This book illuminates from various angles how to stop using our character defects, which I think about as old coping skills, which hardly ever really worked anyway, but were the only ones we knew, and be willing, ready, and able to learn newer, easier, more effective coping mechanisms. 7th steps. This reserve teaches and reinforces, with AA brilliance, the training of new methods to respond to life's events, internally and externally. A must read for anybody in recovery I'm

always searching for new and relevant material associated with AA and the big reserve which little book actually drives home some pretty big suggestions that we use in our daily lives and our trip down the road of recovery.. 7 are often considered "fly-over country" in the 12-step process, My connection with them is they have been essential to my spiritual advancement and acceptance of what the 12-step procedure has to offer me.. Totally transformed what the 6th and seventh stage meant. Great Great A great tool! Spelling out scenarios to get relatability, this book was extremely ideal for my step process. Five Stars Perfect for our small publication study group. Desire there is kind of helpful information to follow! Great addition to the 12x12 book I bought one of these for myself and two simply because gifts when the cost was not nearly as expensive it really is now. This publication is very user-friendly and very easily comprehended by those who are fresh to recovery. That is a book to re-read or to tell others. Also has a terrific CD. Highly recommend if your serious about total recovery! No matter what your addiction is usually, if you're working through the methods for the first time or if you've been through them several times, everyone will recognize with the message within these pages and find them useful. Good Thoughts to Ponder I am getting more out of the book on another reading. 12 when working steps 6 &



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