

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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rocks"Resentment. Anger. Self-Pity. Intolerance. Dread. As Expenses P. that may sink recovery- or at the very least, block further improvement.A practical guideline to letting move of the character defects that get in the way of true and joyful recovery. explains, they are the " Based on the principles behind Techniques Six and Seven, Drop the Rock combines personal tales, practical advice, and powerful insights to help readers progress in recovery. The next edition features additional stories and a reference section.



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Five Stars Perfect for our small publication study group. 7 tend to be considered "fly-over nation" in the 12-step process, My connection with them is they have been essential to my spiritual development and acceptance of what the 12-step procedure has to offer me. I have been in a position 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. Am I still under the excess weight of 'rocks' that I cling too and which limit my reaching a new system of peace in my own life? Supports the 'weight' ; Totally transformed what the Sixth and seventh stage meant. And thus will go the 12-stepped based debate of changing myself. Today in my own second year, I found this to be a fascinating read for anyone prepared to give the actions even more thought- especially once you get a little time under your belt. It really is best for me as I've been in an application for three years now and in a position to more honestly take action to heal. I examine one review that suggests this book is actually a bit too much for a newer 12-stepping person... This may be so. I came across that it demonstrated me a way of coping with others on a level of equality.... I recommend it extremely to anyone focusing on recovery from any addiction - after all, as the book observes, the addiction is the sign of the deeper issues needing correction. Have got I been ready to do my component in changing what I can? Do I expect my HP to do it ALL for me... After 30 years in Alanon and AA, the 1st chapter changed my recovery. This reserve teaches and reinforces, with AA brilliance, the learning of new methods to respond to life's events, internally and externally.. Nevertheless, I also think it is is very deceptive in it's short and concise description of the 6th & Can I logically expect my HP to override my will? I have to do my part.. Spelling out scenarios designed for relatability, this book was extremely ideal for my step course of action. I recognized my need for coaching as I've floundered a bit even with sponsor help. A must browse for anybody in recovery I'm always searching for new and relevant materials associated with AA and the big book and this little book really drives home some pretty big recommendations that we use in our daily lives and our journey later on of recovery.. Of the traditional "3-A's" of recognition, acceptance and action. I credit this publication as a vehicle that's helping me motivate myself to drop the rocks and to BE WILLING to have my HP take away the layers of gnarly sediment which has concealed the buoyant soul.. Price more than doubled! We are suggesting a customer consider buying too "Fearless Relationships" by Karen Casey mainly because this publication motivates and issues me to believe differently and be ready to act-as-if. 7...but Casey's book offers a more 'how-to-do-it'...and reading them combined (and rereading) has been good. Enjoy and grow. Also includes a terrific CD. 7th Step work! This book is very user-friendly and conveniently comprehended by those who are fresh to recovery. I truly believe that the instructions contained within the "Big Book" are absolutely essential for recovery. yet I embrace it thus darn fervently? There are some great passages and there's some good advice, but the book rambles into territory that appears irrelevant and also veers into an absolutism that I don't find worthwhile. An absolute must have and read Amazing and life changing. And what this publication does is provoke a deeper self-awareness. as though to recommend they don't need as much interest. Therefore, I've noticed that both of these steps tend to be completed in the time it takes to learn the two short paragraphs in the Big Publication. Fortunately, there's more instruction and dialogue in the "12 & 12", however, the language and metaphor are often quite challenging for individuals who are new to recovery. That is where this book involves the rescue! It will require you to another level regarding character defects- recognizing your personal, when you action from them, how exactly to acknowledge this and progress in your recovery. This book provides a refreshing and in-depth look at techniques 6 & 7 in way that anyone can understand. I have found it to work in helping the newcomer to identify the underlying fears with cause the defects of personality to activate, so that they may learn the skill of NOT "stepping on the toes of their fellows" and thus, create more harmony within their lives and interactions with others. I recommend this reserve as an essential supplement to the Big Book & 12 & 12 when working steps 6 & 7. I actually don't advocate many books outside of the Big Publication but this is a great, easy read. Worth the read! Really makes you realize just how much depth there's to these two

actions without forcing you to suffer through any guilt from not understanding them well to begin with (or second). I did so stage 6 & 7 to the best of my ability (and knowledge level) early on. I Googled "6th step" and this was a discovered treasure. This publication walks you through the thought processes of recognizing, identifying and eliminating those defects of character or "shortcomings" which cause us to remain unhappy, unsatisfied and unsuccessful in lifestyle.. Good Thoughts to Ponder I am getting more out of this book on the 3rd reading. For me I had to come quickly to know myself enough to see I required such an instrument. I'm not more or less than anyone else. It was a complete eyesight opener on what easy it really is to keep becoming in an agreeable level with others and getting my part in whatever I may believe is going wrong.. Started a achieving to read this book. Will raise review to 5 superstars if they do. Evidently they thought this book was going to start selling wildly again and doubled the purchase price and today call it a "Best Seller"! Great Great An excellent tool! 2 folks bought 5 copies each at significantly less than \$6. Some choice stuff occasionally but rambling Others have got recommended the book therefore i picked it up. 7th steps. For me personally, the Steps are fairly simple, and I think this book over complicates Six and Seven. Your mileage may vary. Also includes a terrific CD. This is among my staple recovery ... Actually digs deep into personality defects. Old pathways in my brain result in old, much less effective coping skills, but to stop using them is a hard habit to break.. An ESSENTIAL book for 12 Stage Recovery This should be a required text for 6th & That is one of my staple recovery books. What my plan was missing.like remove a limiting habit.) I am a grateful 12-stepping person.Wanted to buy ten more but won't unless they drop the purchase price back down..Transormation: It Happens for me personally With This Book Steps 6 & Desire there was kind of helpful information to follow! Great addition to the 12x12 book I bought one of these for myself and two mainly because gifts once the cost was not nearly as expensive it is now. This book illuminates from various angles how to stop using our character defects, that i think about as old coping skills, which hardly ever really worked anyway, but were the only real ones we knew, and become willing, ready, and in a position to learn newer, easier, far better coping mechanisms. Recommend if your seriously interested in total recovery!. This is a publication to re-read or even to talk about with others. Regardless of what your addiction is usually, if you're working through the guidelines for the first time or if you've gone through them many times, everyone will identify with the message within these pages and find them useful. This reserve is a must read. It is a good, thoughtful book to ponder whether you are in a recovery program or not.



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