

## STEP EIGHT

*Made a list of all persons we had harmed, and became willing to make amends to them all.*

| Principle      | Theme                    | Action                     | Defect      | Result        |
|----------------|--------------------------|----------------------------|-------------|---------------|
| Brotherly Love | Forgive away resentments | Consideration/ Forgiveness | Intolerance | Understanding |

### PRAYER

- God, help me to be willing {BB, p. 76}  
- Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes, and be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

**REWARD** - A CLEAN CONSCIENCE instead of a sense of guilt.

### NOTES

- a) STEP SIMPLIFIED: *Write down who I've hurt.*
- b) Pre-AA STEP: *I made a list of all persons who had harmed me, whether real or imagined, and swore to get even.*
- c) HOW TO WORK THE STEP: **BB page 76**, para. 3, lines 3-5
- d) Steps 8 and 9 "Get Right with Fellowman"
- e) Amend – To change, to correct, to make better, to improve, to remove the faults, something given or done to make up for injury, loss, etc.
- f) **12 & 12** process:
  - survey personality traits; followed by
  - review of specific people we hurt.
  - **Forgive!**
- g) **Joe McQ's** process:
  - Make the list: Review Step 4 lists & add more names
  - Repeat Step 4 analysis based on what **I** did (who, what I did, affected self, defect)
  - Become Willing: pray for willingness until it comes
- h) Why do this step?
  - Beginning of the End of Isolation from our fellows and from God. {**12 & 12**, p. 82}
  - Return to God's original design for us – to rely on Him and other people (see *quote*)
  - For OUR benefit: NOT for the benefit it brings the other person & NOT to be liked
- i) Obstacles (**12 & 12**):
  - Resentments: focus on faults of others; but others are sick, maybe because of us.
  - Fear & Pride: keep some off list because don't want to face them; maybe they are unaware
  - Denial: "I never really hurt anyone" (purposeful forgetting)

**REFERENCES:** - BB - Chapter 6 - Into Action p. 76

## STEP EIGHT

*Made a list of all persons we had harmed, and became willing to make amends to them all.*

- a) *We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.* {BB, p. 76}
- b) *Please note that the step does not say that we should make a list of persons we had deliberately or knowingly harmed; it just says to make a list of persons we had harmed. Some people, you see, claim they don't owe an amends for things done in blackouts. We must make a list of those who have been hurt by us, whether we were conscious of it or not. The pain has to be made up for by an amend. What is an amend? It is whatever needs to be done to take care of harm done. It may be the payment of a financial debt; it may be a verbal or written apology; it may be anything. Step Eight tells us to make a list of people who have suffered because of us and become willing to make things right with them.* {Father Joe Martin, ASHLEY}
- c) *How easily I can become misdirected in approaching the Eighth Step! I wish to be free, somehow transformed by my Sixth and Seventh Step work. Now, more than ever, I am vulnerable to my own self-interest and hidden agenda. I am careful to remember that self-satisfaction, which sometimes comes through the spoken forgiveness of those I have harmed, is not my true objective. I become willing to make amends, knowing that through this process I am mended and made fit to move forward to know and desire God's will for me.* {DAILY REFLECTIONS, p. 223}
- d) *. . . we are trying to put our lives in order. But this is not an end in itself. Our real purpose is to fit ourselves to be of maximum service to God and the people about us.* {BB, p. 77}
- e) *First we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done.* {12 & 12, p. 77}
- f) *We might next ask ourselves what we mean when we say that we have "harmed" other people. What kinds of "harm" do people do one another, anyway? To define the word "harm" in a practical way, we might call it the results of instincts in collision, which cause physical, mental, emotional, or spiritual damage to people.* {12 & 12, p. 80}
- g) *In many instances we shall find that though the harm done others has not been great, the emotional harm we have done ourselves has.* {12 & 12, p. 79}
- h) *Many people love things and use people. We must learn to use things and love people . . . Most selfish, self-centered people . . . have run people off; they don't really see the purpose of having other people in their lives. . . But human beings were made to rely on God and each other. People who rely on self cut themselves off from God and other people and make their lives hard. . . The more successfully a person is living, the more people he has in his life.* {Steps We Took, p. 117}
- i) *You make a list of all persons you have harmed, starting with yourself, family, friends, employers, employees, etc. If the person was involved in the occult, God's forgiveness must be asked. We discuss briefly this list, and ask if they are willing to make restitution and amends. (Since the sponsor is boss - you really don't ask... it is assumed.) Then restitution is made to all as soon as possible, except in certain instances where it is turned over to God. They will have done STEP NINE: by making restitution. After doing these 9 steps, your slate is wiped clean. You are reborn as it says in the Big Book on page 63, "We were reborn." II Corinthians 5:17 says, "Therefore if any man is in Christ, he is a new creature: the old things are passed away; behold, all things are made new!"* {Clarence Snyder 1944 - A.A. Sponsorship Pamphlet}

## BB

1. “Faith without works is dead”
2. Putting our lives in order, but this is not an end in itself. Real purpose is to be of maximum service (*quote*)
3. We already have our list – from our inventory! [1]

## 12x12

1. General guideline: (a) survey of personality traits; followed by (b) review of specific people we hurt. Forgive!
2. 8 & 9 concerned with personal relationships
3. Find faults, repair damage, clear away debris, & develop best relations with others we can; never finish this
4. To a degree, made this survey in 4; time to “*redouble efforts to see*” who harmed and how
5. Obstacles: [2]
  - **Forgiveness/resentments:** focus on faults of others; but others are sick, maybe because of us.
  - **Fear & Pride:** keep some off list because don’t want to face them; maybe they are unaware
  - **Denial:** “I never really hurt anyone” (*purposeful forgetting*)
  - **Unconscious emotional conflicts**
6. Make complete list, even if amends cannot be made, must be deferred, or damage was slight, to uncover truth:
  - Uncover emotional harm done to ourselves
  - Learn everything we can about ourselves; go beyond superficial to basic (hidden) flaws
7. Harm = result of instincts in collision causing damage; list of representative harms
8. Beginning of the end of our isolation from Man and God

## The Steps We Took (8 & 9)

1. Why?
  - Remove things that block us from God (guilt & remorse; resentments; fear)
  - Return to God’s original design for us – to rely on Him and other people (see *quote*)
  - Clear away past from controlling our present
  - Build relationships on something firm, not their validation
2. We do this for OUR benefit:
  - NOT for the benefit it brings the other person (113)
  - NOT to be liked (117)
3. What about what other people think about us?
  - Most people are actually not thinking about us at all
  - Natural for some concern (helps us monitor selves), but like water, we need it but not 20 feet of it
4. Joe’s process (based on BB):
  - Make the list:
    - Review Step 4 lists (Resentments; Fear; Harms done others); step 4 best time for making list
    - Add more names
    - Repeat Step 4 analysis based on what **I** did (name, what I did, affected self how, character defect)
  - Become Willing: pray for willingness until it comes; the willingness to make amends will set you free
5. Why this process? Improve the truth – get deeper understanding to make better, sincere amends

## Divine Therapy and Addiction

1. Step 8 is exercise in honesty
2. Discussion of Bill’s 4 obstacles in 12 & 12:
  - Resentments: need to practice “steps of forgiveness”; only talks about:
    - Recognize depth of resentment
    - Grief
    - Need to express these to someone to lessen it
  - Unconscious emotional conflicts: practice meditation to allow to surface. Hence need step 11 to get to deeper honesty
3. Praying for a person helps some, but forgiving this way will take a long time