

## **STEP 9, WEEK 2 READING AND WRITING**

### **Reading assignment for this week:**

Yellow workbook pages 137-146

Red Book pages 112-114, the “Making Amends” section

Red Book pages 641-643, “A Discussion About Step Eight and Step Nine”

### **Suggested supplemental reading: Same as Step 9, Week 1**

Tradition Two (the tradition for the month of February) in detail on Red Book pages 497-502

**This week’s step study questions are excerpted from the Step Nine worksheet on <http://12-steps-recovery.com> in conjunction with the yellow workbook, and from Melody Beattie’s book, “Codependents’ Guide to the Twelve Steps” with the author’s permission:**

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**5. After you have made your first several amends, record your overall impressions. Is there anything common? Has anything surprised you? Has anything disappointed you? How do you feel about the process, and how has it affected you? How has making amends affected your relationships with others? What have you learned from this? What would you do differently next time?**

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**6. How are you dealing with the feedback from others after making amends? How are you feeling? How are you dealing with the desire to defend yourself?**

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**7. How can you celebrate or honor the completion of your making amends (Step Nine?)**