

## **STEP 8, WEEK 1 READING AND WRITING**

### **This week's reading assignment:**

Yellow workbook pages 131-136

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:**

Melody Beattie, "Codependents Guide to the Twelve Steps," the Step Eight chapter, pages 116-123 of the 1990 edition, through the end of the "Making Our Lists" section.

Tradition One (the tradition for the month of January) in depth on pages 491-496 of the Red Book

**This week's step study questions are excerpted from the Step Eight worksheet on <http://12-steps-recovery.com> in conjunction with the yellow workbook:**

1. Make a list of all those that you have possibly harmed by practicing selfish, manipulative, or destructive behaviors, or otherwise acting out your character defects.

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**(Question 1 Cont'd.)**

**1. List the effects on those people as individuals, and on your relationship. (Moderator's note: The yellow workbook states, "We show self-forgiveness when we place our name at the top of the Eighth Step list.")**

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**2. How have you hurt yourself by practicing selfish, manipulative, or destructive behaviors, or otherwise acting out your character defects?**

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**3. What important relationships did you destroy or damage by practicing selfish, manipulative, or destructive behaviors, or otherwise acting out your character defects?**

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**4. How much time and energy have you lost by practicing selfish, manipulative, or destructive behaviors, or otherwise acting out your character defects? What do you think you might have done or become were it not for those behaviors and character defects?**