

## **STEP 9, WEEK 1 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:**

Melody Beattie, “Codependents Guide to the Twelve Steps,” the Step Nine chapter, pages 131-152 of the 1990 edition.

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 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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**Step 9 Week 1**

**1. What is the relationship that is bothering you the most right now? What do you need to do to take care of yourself in that relationship? What would you say if you were free to be entirely honest with that person about your behaviors, your feelings, and what you wanted and needed? How have you discounted yourself or not owned your power in that relationship? How have you discounted or devalued the other person? (© Melody Beattie, Codependents Guide)**

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**2. What is the biggest guilt you have right now? Using the Steps as a formula, how can you deal with that, so you can be done with the guilt? (© Melody Beattie, Codependents Guide)**

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**3. What amends do you think you have already made? These can include apologies already made, helpful tasks for those you have hurt, changed attitudes, and so forth.**

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**4. Have you made your amends to yourself yet? How has that affected your friendship with yourself?**