

STEP 8, WEEK 2 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 123-129 of the 1990 edition, starting with the "Became Willing" section and continuing through the end of the chapter.

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, and from Melody Beattie's book, "Codependents' Guide to the Twelve Steps" with the author's permission:

1. Take the list of people that you have harmed and make a list of possible amends to each one of them. Then, choose the amends that seem most appropriate, and rank them according to level of difficulty. Which amends will be the hardest for you to make? Which will be the easiest?

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(Question 1 Cont'd.)

1. Take the list of people that you have harmed and make a list of possible amends to each one of them. Then, choose the amends that seem most appropriate, and rank them according to level of difficulty. Which amends will be the hardest for you to make? Which will be the easiest?

2. What consequences do you fear in making amends? What is the worst thing that can happen? What is the best thing that can happen? What is likely to happen?

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3. Do you feel angry or resentful towards any people on your amends list? If so, write them a letter of anger, but don't send it to them. Describe here any other ways that you have used to get rid of the anger and resentment towards anyone on your list.

4. Describe any dreams that relate to making amends to others.

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5. What are the relationships, past or present, that bother you the most? (© Melody Beattie, Codependents Guide)

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6. Would you like peace and healing in your relationships, even those you don't wish to maintain? What are the barriers to healing that are still within you? (© Melody Beattie, Codependents Guide)