

Arizona Step Study Step Eight Assignments

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

Do these four assignments in Week One if you can:

- Define all the words in Step Eight
- Read all the literature you have on Step Eight, including the COSA Step Eight booklet.
- Answer questions in COSA's Step Eight booklet.

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Continue with your Step Eight work over the next couple of weeks:

- Make a list of all persons you have harmed. Start with any person named in your Step Four resentment list. If you resent them, it is probable you have harmed them, even in a small way. The exception would be child abuse, rape, etc.
- Be sure to include yourself on your Eighth Step list.
- COSAs are different. Some think they are never wrong. Some think they are always wrong. Some have patterns different than that. Pay attention to what your patterns around blaming or being over responsible.
- For each person you work with in Step Eight, include:
 - Who have you harmed
 - What was the harm
 - What are the appropriate amends
 - How willing are you to make those amends
 - What are the barriers to making that amends
- Some COSAs then list the people on their Eighth Step list in three columns, based on our willingness to make amends :
 - Willing now
 - Willing someday
 - Not willing ever
- Pray for willingness to become willing to make amends to each person on the list
- We may write about our experiences after we complete Step Eight

Some tools to remember when working Step Eight:

Stay in Step Eight. Sometimes fear of making amends freezes us into inaction. We're not in Step Nine yet.

Feel the feelings. Set them aside, and then do the work.

Work closely with your sponsor, who will help you decide what the appropriate amends might be.

Be very gentle with yourself. If you'd have known better, you'd have done better.

97%/3% rule. In almost any significant relationship, we have probably done harm of some sort. Sometimes the other has done 97% of the harm- we still have responsibility for our 3%.

We may not want to address all people I have harmed in our first Step Eight. We talk to our sponsor, temporary sponsor, or co-sponsor to get clarity on how we want to handle this. We focus especially on relationships where we caused the most harm.

We can't make an authentic amends if we still hold resentment. Forgiveness is the key to becoming willing to make amends.

Step Eight and Nine call for a direct amends wherever possible. Direct Amends would call for a face to face apology, restitution, and statement of change. Living amends means to live differently, and to cease the harmful behavior.

Remember, forgiveness is a process. We may have to move through rage, grief, anger, before forgiveness comes. "Cheap grace" is not what we are looking for.