

Step 8, Group 1

We made a list of people who were hurt by our drinking and want to make up for these hurts.

Step 1 Calls us to be Honest

Step 2 Calls us to have Hope

Step 3 Calls us to Faith

Step 4 Calls us to have Courage

Step 5 Calls us to have Integrity

Step 6 Calls us to Willingness

Step 7 Calls us to Humility

Step 8 Calls us to FORGIVENESS.

Step 8 helps us begin to heal the “wreckage” we have made with our lives and our relationships.

- All of this happened because of our:
 - o Disrespect for ourselves
 - o Disrespect for others
 - o Abuse of alcohol and/or drugs

Step 8 calls us to WANT to heal ourselves and our relationships.

Be CAREFUL - BE HONEST:

- Don't **DENY** that you have harmed others.
- Don't **BLAME** others for what you did.
- Don't **MINIMIZE** the harm you have done.
- Don't play dumb: “I don't know.”

We try to heal by making amends – but first we have to be aware of all those we have hurt.

This is why we make a list:

Name those you have hurt:

How have you hurt them?

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Step 8, Group 2

- **We made a list of people who were hurt by our drinking and**
 - **want to make up for these hurts.**
- Step 1 Calls us to be Honest
- Step 2 Calls us to have Hope
- Step 3 Calls us to Faith
- Step 4 Calls us to have Courage
- Step 5 Calls us to have Integrity
- Step 6 Calls us to Willingness
- Step 7 Calls us to Humility
- **Step 8 Calls us to FORGIVENESS.**

We must each take responsibility for the creation of harm to another –
Be CAREFUL - BE HONEST:

- Don't **DENY** that you have harmed others.
 - Don't **BLAME** others for what you did.
 - Don't **MINIMIZE** the harm you have done.
 - Don't play dumb: "I don't know."
1. Apologize for your own hurtful behavior to the other
Write out how you might apologize for your hurtful behavior:

 2. Ask that you can do to restore peace, harmony and balance.

BEFORE and DURING YOUR ATTEMPTS TO MAKE AMENDS
– PRAY FOR STRENGTH AND FORGIVENESS.

**Creator, help me meditate on each instance of my past
That I may see the truth.
Creator, I pray for each and every person I must approach at this time.
Great Spirit, my life is broken.
Please guide me in healing other's lives that I have harmed.
Creator, help me to focus on my part in hurting others.**

Write your own prayer:

Step 8, Group 3

We made a list of people who were hurt by our drinking and want to make up for these hurts.

Step 1 Calls us to be Honest

Step 2 Calls us to have Hope

Step 3 Calls us to Faith

Step 4 Calls us to have Courage

Step 5 Calls us to have Integrity

Step 6 Calls us to Willingness

Step 7 Calls us to Humility

Step 8 Calls us to FORGIVENESS.

With our desire for forgiveness and to make amends, we MUST do our own “inner” work first:

- Must pray for an open heart
- Must be humble and honest
- Must be willing to let go of:
 - Anger
 - Resentments
 - Hate
 - Hurtful attitudes

There are 2 Parts to making amends:

3. Apologize for your own hurtful behavior to the other
 - Write out how you might apologize for your hurtful behavior:

4. Ask that you can do to restore peace, harmony and balance.
 - Draw out how this might look:

Step 8, Group 3

**We made a list of people who were hurt by our drinking and
want to make up for these hurts.**

Step 8 Calls us to FORGIVENESS. Let's Mind-Map this.

FORGIVENESS & AMENDS

Ticket

Step 8, Group 1

Welcomed Sobriety Circle this morning and opened group with the Serenity Prayer. Introduced topic of Step 8 of the 12 Steps of AA:

**“We made a list of people who were hurt by our drinking
and want to make up for these hurts.**

Discussed/processed how our negative and selfish behaviors may have hurt those we care about most. Talked about how this hurt arises from disrespect for ourselves, others and substance abuse. Processed how Step 8 calls us to WANT to heal ourselves and our relationships. Group was asked to make a list of those they can “name” who they have hurt and describe how they hurt them. Group then shared this with each other.

Plan:

- Continue study/processing and discussion of Step 8.
- Continue peer support of sobriety and wellness.

Individual Note:

Client attentive and willing to engage with peers. Some difficulty listing in any detail those they have harmed with their substance abuse.

Ticket

Step 8, Group 2

Welcomed Sobriety Circle this morning and opened group with the Serenity Prayer. Continued sharing/discussion/processing of Step 8 of the 12 Steps of AA:

**“We made a list of people who were hurt by our drinking
and want to make up for these hurts.**

Discussed how we must each one take responsibility for the creation of harm to others – that we must be honest with this. Cautioned group not to “protect” themselves by denying, blaming, and/or minimizing the harm they have done. Talked about the virtue of honesty and the need for prayer for the strength and courage to do this. Group members asked to write their own “forgiveness” prayer and share this with group.

Individual Note:

Client attentive and willing to share personal prayer with peers. Defensiveness low.

Plan:

- Continue study/processing of Step 8 of the 12 Steps of AA.
- Continue peer encouragement, support and sharing.

Ticket**Step 8, Group 3**

Welcomed Sobriety Circle this morning and opened group with the Serenity Prayer. of
Welcomed Sobriety Circle this morning and opened group with the Serenity Prayer.
Continued group sharing/discussion/process of Step 8.

**“We made a list of people who were hurt by our drinking
and want to make up for these hurts.**

Discussion of how important it is to do our personal “inner” work around the desire to make amends. Talked about praying for an open heart, being humble and honest. Most of all being willing to let go of anger, resentments, hate and hurtful attitudes. Group members asked to select a person to which they want to make amends and then write out how they might apologize for their past hurtful behavior. Good group sharing of this via “mind-mapping” exercise.

Plan:

- Begin study of Step 9 of the 12 Steps of AA.
- Continue encouraging peer support and sharing.

Individual Note:

Client willing to engage with peers. Able to identify what they might say to a person they wish to make amends to.

