

8th STEP EXERCISE:

1. Who did I hurt?
2. What did I do? (Where was I at fault?)
3. How did I feel at the time? Or, what was going on with me at the time?
4. What motive(s) was/were behind the harm that I caused?
5. What damage/harm did I cause or do?
6. How do I feel about this now?
7. What are the consequences of what I did:
 - a) to them?
 - b) to myself?
 - c) to our relationship?
 - d) to my relationship with The Creator?
8. What did I learn, or what am I learning from this?
9. What is my motive for making this amend?
10. What asset(s) do I want to practice?
11. What will I say or do to make this amend.

In the 12x12 it says:

page 77 "we make a vigorous attempt to repair the damage we have done".
(changing "he" to "we".)

"we can make little headway with this new adventure of living until we first BACKTRACK and really make an accurate and unsparing survey of the human wreckage we have left in our wake...we ought to redouble our efforts to see how many people we have hurt, and in what ways."

page 78 12x12...lest we "resentfully focus on the harms they have done to us...its usually a fact that our behavior when drinking has aggravated the defects of others...in many instances, we are dealing with fellow sufferers", if we are about to ask for forgiveness, why not forgive them too?

page 9 12x12...maybe we think "that when drinking we never hurt anybody but ourselves....this of course is the end result of purposeful forgetting. It is an attitude which can only be changed by a deep and honest search of our motives and actions.....an accurate and really exhaustive survey of our past life as it has affected other people."

page 80 12x12...the whole 2nd paragraph is great, "no field of investigation could yield more satisfying and valuable rewards than this one"...page 82 "it is the beginning of the end of isolation from our fellows and from God"

My Sponsor, Betty P. of Montana USA, always says: What was my head telling me here?

Do I go to myself for a solution (I, who cannot manage my own life) or do I go to The One Who Has All Power?

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