

Step 8. Made a list of all persons we had harmed, and became willing to make amends to them all.

Now we need more action, without which we find that "Faith without works is dead." Let's look at Steps Eight and Nine. We have a list of all persons we have harmed and to whom (*Col. 1*) we are willing to make amends (*yes-no?*). We made it when we took inventory (*yes-no?*) (AA p. 76).

(Step 8) List Persons and Institutions (Column 1) I have harmed and to whom do I need to make a direct amends? What did my conduct (Column 4) arouse (Column 2)? How did I affect them? (Column 3)	(Step 9) What I should have done instead (Column 5) What do I need to do to straighten out the past? What behaviour will convince them more than my words?
<i>(Example) Spouse (Relationship Conduct) (Column 1) Infidelity, dishonesty, inconsideration, selfishness, self-seeking. (Column 4) I affected their self-esteem and sex relationships. (Column 3) I aroused bitterness, jealousy, resentment, and feelings of inadequacy (Column 2 - harm done to others).</i>	<i>Show appreciation to my spouse by being faithful, honest, and unselfish and helpful. I will practice intimacy and be considerate of my spouse's needs and desires. I will spend more time with my spouse and I will practice these principles on an ongoing basis.</i>
<i>(Example) Former employer (Column 1) I was angry and resentful and was verbally abusive. I was dishonest. I slandered their name to others. I stole from this person. (Column 4) I affected their pocketbook, relationships and security. (Column 3) I aroused feelings of resentment and loss of money (Column 2 - harm done to others).</i>	<i>I will forgive this person. I will admit all my wrong doings and make restitution on what I stole. I will stop slandering their name and speak well of them to others. I will ask this person what more can I do to right the wrong I have done.</i>

Step 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

We subjected ourselves to a drastic self-appraisal. (*yes-no?*) Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol (*drugs, obsessive-compulsive behaviours*). (AA p. 76)

The rule is we must be hard on our self, but always considerate of others. (AA p. 74)

Item 1 - Resentments

Probably there are still some misgivings (*yes-no?*)...The question of how to approach the *person* we hated will arise. It may be *they have* done us more harm than we have done *them* and, though we may have acquired a better attitude toward *them*, we are still not too keen about admitting our faults (*Column 4*). Nevertheless, with a person we dislike, we take the bit in our teeth. We go to *them* in a helpful and forgiving spirit (*Column 5*), confessing our former ill feeling and expressing our regret (*Column 4*). Under no condition do we criticize such a person or argue...We are there to sweep off our side of the street...*Their* faults (*Column 2*) are not discussed. We stick to our own (*Column 4*). (AA p. 76-78)

Anger/Resentment Forgiveness Prayer

This was our course: We realized that the people (*Column 1*) who wronged us were perhaps spiritually sick. (*Would you agree - yes-no?*) Though we did not like their symptoms (*Column 2*) and the way these disturbed us (*Column 3*), they, like ourselves, were sick too. (*Would you agree - yes-no?*) We asked God to help us show them the same tolerance, pity, and patience (*Column 5*) that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick *person*. How can I be helpful (*Column 5*) to *this person*? God save me from being angry. Thy will be done." (AA p. 66-67)

Item 2 - Money (See an accountant, debt counsellor)

Most alcoholics (*addicts*) owe money (*yes-no?*) We do not dodge our creditors... We must lose our fear of creditors no matter how far we have to go, for we are liable to drink (*use, act-out*) if we are afraid to face them. (AA p. 78)

Item 3 - Criminal Offenses (See a lawyer)

Perhaps we have committed a criminal offense which might land us in jail if it were known to the authorities (*yes-no?*)... Although these reparations take innumerable forms (*Column 5*), there are some general principles which we find guiding. Reminding ourselves that we have decided to go to any lengths (*follow the recipe*) to find a spiritual experience, we ask that we be given strength and direction to do the right thing (*Column 5*), no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything. (AA p. 78-79)

Remove Fear Prayer

Instead we let Him demonstrate (*Column 5*), through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be (*Column 5*). At once, we commence to outgrow fear. (AA p. 68)

Item 4 - Sex Relationships

The chances are that we have domestic troubles (*yes-no?*) Perhaps we are mixed up with women (*others*) in a fashion we wouldn't care to have advertised. (AA p. 80-81)

Prayer for Sex Amends

We asked God to mold our ideals (*Column 5*) and help us to live up to them... In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it... We earnestly pray for the right ideal (*Column 5*), for guidance in each questionable situation, for sanity, and for the strength to do the right thing. If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the imperious urge, when to yield would mean heartache. (AA p. 69-70)

Step 9 Instruction

Before taking drastic action which might implicate other people we secure their consent. If we have obtained permission, have consulted with others (*criminal matters—see a lawyer; mental-emotional issues—see a therapist; medical issues—see a doctor; financial matters—see an accountant, tax lawyer, debt counsellor; moral matters—see a spiritual advisor/sponsor*) asked God to help and the drastic step is indicated we must not shrink. (AA p. 80)

Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won't fill the bill at all... The spiritual life is not a theory. We have to live it... Our behavior (*Column 5*) will convince them more than our words. We must remember that ten or twenty years of drunkenness (*addiction*) would make a skeptic out of anyone.

There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could. Some people cannot be seen - we sent them an honest letter. And there may be a valid reason for postponement in some cases. But we don't delay if it can be avoided. We should be sensible, tactful, considerate and humble (*Column 5*) without being servile (*grovelling*) or scraping (*awkward*) (*Column 4*). As God's people we stand on our feet; we don't crawl before anyone. (AA p. 83)

Step 9 Paycheck

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. (AA p. 83-84)

(Do you want this experience in your life - yes-no?)