

**A Pre - Eighth Step Prayer:**

"God, Please remove my Fears and show me your truth. Show me All the harms I have caused with my behavior. Lord, make me willing to make amends to one and all. Amen."(76:3)

**An Eighth Step Meditation:**

"God, Does my lack of willingness have anything to do with whether I will drink again?"

**Step eight (76:3)**

**Eighth Step Instructions:**

1. (76:3) We have a list of all persons we have harmed.
2. (76:3) We are willing to make amends.
3. (76:3) We made it [the list] when we took inventory.
4. (76:3) We subjected ourselves to a drastic self-appraisal.

Step eight comes from our fourth step inventory. The list is compiled during the 4<sup>th</sup> Step. During the 5<sup>th</sup> step, with our sponsors, our list is expanded, reviewed and labeled (+) for willing, (-) for unwilling, and finally, each of our eighth step cards are numbered within in each category (+ or -). The numbering is done from easiest to hardest.

(THE FRONT OF THE CARD IS FOR YOU)

**John Smith - 125 south st. - Madison, NJ 07940 (973) 555-5555 (+) (13)**

Don't delay

Ask God for Strength & Direction to do the right thing.

Before implicating others, we secure their consent

**Tell Him:**

I will not get over drinking until I straighten out the past.

If an enemy- confess my ill feeling and regret.

**Don't:** emphasize spirituality unless asked; if so - use tact and common sense.

Don't tell him what to do; only my faults are to be discussed. Don't criticize or argue

Be Calm, frank, & open.

Make a demonstration of good will.

Be sensible, tactful, considerate, & Humble without being servile or scraping.

Don't dodge creditors. If I owe money, I will make the best deal I can.

(THE BACK OF THE CARD IS FOR THEM)

Remember: you have decided to go to any lengths to find a Spiritual Experience.

**I know I have caused you this harm:**

**I beat you up, stole your money, slept with your wife**

Don't Shrink, As God's people we stand on our feet; we don't crawl before anyone:

Q: "Are there any more harms I have caused you, which I may not know about?" **Shut up and listen!**

Q: "Do you need to tell me how any of this hurt you?" **Shut up and listen!**

Q: "Is there anything I can do to correct this wrong?" **Write it down!**

A:

# AMENDS

## EXAMPLE OF 3x5 AMENDS CARD

<u>NAME</u> of person or institution.	+ or - (Willing or Unwilling)
<u>ADDRESS</u> or the word <u>FIND</u>	
<u>PHONE #</u>	
<u>HARM:</u> What is the exact nature of harm that I'm aware of? or if I'm not clear on the harm I write <u>ASK</u> .	

### MAKING THE APPROACH

Whenever possible it's always face to face or grave site. If that's not possible then phone call or letter.

### SAY TO THE PERSON:

- 1) This is why I'm here.
- 2) This is the harm I'm clear on.
- 3) Is there any other harm I'm not aware of that you need to tell me about?
- 4) Do you need to tell me how any of this hurt you, personally or your company?
- 5) Is there anything I can do to make this right?

\*If financial, arrange the best deal you can.

### START MAKING THEM

(66:4) "This was our course. We realized the that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms (column 2) and the way these disturbed us (column 3), they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend."

• [12&12 (93:3)] "When prideful, angry, jealous, anxious, or fearful, we acted accordingly, and that was that. Here we need only recognize that we did act or think badly, try to visualize how we might have done better, And resolve with God's help to carry these lessons over into tomorrow, making, of course, any amends still neglected.

- Write out - how can you be helpful to the person you refuse to forgive?
- Write out what it looks like to be kindly toward this person.
- Write out what it looks like to be tolerant toward this person.

♥♥ Every Day, For each person you can't forgive, Place their name in the blanks and pray These prayers until your heart softens...

1. "God, please help me to forgive \_\_\_\_\_ . Father, please save me from being angry. Help me to put out of my mind the harm they did and help me not to argue or retaliate against this person. God please show me how to take a kindly and tolerant view of each and every one. Thy will be done."
2. "May \_\_\_\_\_ be well and happy."  
"May \_\_\_\_\_ be free from anger."  
"May \_\_\_\_\_ be free from suffering."
3. "God, please bless \_\_\_\_\_ with the same Love and Kindness that you bless me. Soften my heart toward \_\_\_\_\_ and help me to realize that whatever I feel \_\_\_\_\_ may have done to me, it has not actually changed the true essence of who and what I am inside. Lord, Please keep me mindful of the fact that I am still your Loving child and that Your Love is still intact within me. Please heal me and help me radiate your Love and Compassion to everyone, especially to \_\_\_\_\_ . Father, Please Grace me with Forgiveness toward \_\_\_\_\_ that by your example, I may learn to Love them with Unconditional Love, the same way you Love me."

Decide to forgive  
For resentment is negative  
Resentment is poisonous  
Resentment diminishes and de-  
vours the self.  
Be the first to forgive,  
To smile and to take the first step.  
And you will see happiness bloom  
On the face of your human brother  
or sister.  
Be always the first  
Do not wait for others to forgive  
For, by forgiving  
You become the master of fate  
The fashioner of life  
The doer of miracles.  
To forgive is the highest,  
Most beautiful form of love.  
In return you will receive  
Untold peace and happiness.

Dear God, I am powerless and my life is unmanageable without Your help and guidance. I come to You today because I believe that You can restore and renew me to meet my needs today. Since I cannot manage my life or affairs, I have decided to give them to You. I put my life, my will, my thoughts, my desires and ambitions in Your hands.

I give You all of me: the good and the bad, the character defects and shortcomings, my selfishness, resentments and problems. I know that You will work them out in accordance with Your plan. Such as I am, take and use me in Your service. Guide and direct my ways and show me what to do for You.

I cannot control or change my friends or loved ones, so I release them into Your care for Your loving hands to do with as You will. Just keep me loving and free from judging them. If they need changing, God, You'll have to do it; I can't. Just make me willing and ready to be of service to You, to have my shortcomings removed, and to do my best.

Help me to see how I have harmed others and make me willing to make amends to them all. Keep me ever mindful of thoughts and actions that harm myself and others, and which separate me from Your light, love and spirit. And when I commit these errors, make me aware of them and help me to admit each one promptly.

I am seeking to know You better, to love You more. I am seeking the knowledge of Your will for me and the power to carry it out.

-Anonymous

## LOVE AND TOLERANCE

*Love and tolerance of others is our code.*

ALCOHOLICS ANONYMOUS, p. 84

I have found that I have to forgive others in all situations to maintain any real spiritual progress. The vital importance of forgiving may not be obvious to me at first sight, but my studies tell me that every great spiritual teacher has insisted strongly upon it.

I must forgive injuries, not just in words, or as a matter of form, but in my heart. I do this not for the other persons' sake, but for my own sake. Resentment, anger, or a desire to see someone punished, are things that rot my soul. Such things fasten my troubles to me with chains. They tie me to other problems that have nothing to do with my original problem.

## A "DESIGN FOR LIVING"

*We in our turn, sought the same escape with all the desperation of drowning men. What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God. A new life has been given us or, if you prefer, "a design for living" that really works.*

ALCOHOLICS ANONYMOUS, p. 28

I try each day to raise my heart and hands in thanks to God for showing me a "design for living" that really works through our beautiful Fellowship. But what, exactly, is this "design for living" that "really works"? For me, it is the practice of the Twelve Steps to the best of my ability, the continued awareness of a God who loves me unconditionally, and the hope that, in each new day, there is a purpose for my being. I am truly, truly blessed in the Fellowship.

## "MADE A LIST . . ."

*Made a list of all persons we had harmed, . . .*

TWELVE STEPS AND TWELVE TRADITIONS, p. 77

When I approached the Eighth Step, I wondered how I could list all the things that I have done to other people since there were so many people, and some of them weren't alive anymore. Some of the hurts I inflicted weren't bad, but they really bothered me. The main thing to see in this Step was to become willing to do whatever I had to do to make these amends to the best of my ability at that particular time. Where there is a will, there's a way, so if I want to feel better, I need to unload the guilt feelings I have. A peaceful mind has no room for feelings of guilt. With the help of my Higher Power, if I am honest with myself, I can cleanse my mind of these feelings.

INSCRIPTION FROM PLAQUE ON DR. BOB'S DESK  
WHICH TO HIM BEST DESCRIBED. . .

# HUMILITY

"Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me.

"It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and pray to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble."

Office of Robert Holbrook Smith, M.D.