

Step 8 // Twelve and Twelve Notes

1 2 3 4 5 6 7 **STEP 8** 9 10 11 12

the beginning of the end of isolation
from our fellows and from God 

Questions as we read:

1. Why is Step 8 important? (p77/78)
2. Why do people say they wrote this list in their 4th step? Why is the fourth step list only the beginning of the 8th step list? (To a degree he has already done this... p77)
3. Describe your own experience with obstacles on the 8th step (p78)
4. Can you identify with the thought that you "never hurt anybody but ourselves"? p79 or the idea that you only owe amends for things that happened while drinking? Why is it so important to look back at sober times as well?
5. Why is it so important to make an "unsparing" (p77), "accurate and really exhaustive survey of our past life as it has affected other people?" p79
6. Can you share any examples of harms done to others that were not very great but had large emotional consequences to ourselves? P79
7. Why do we need to go beyond the superficial things wrong with us emotionally, especially in regard to personal relationships? P80
8. How did or can you search out the "harms" you've done others? What are some ways of getting this on paper? (p81)
9. How does this step connect with the work done in the 4th/5th/6th/7th steps? (p81)
10. What is your experience with this step, in regards to the last sentence on p82: "It is the beginning of the end of isolation from our fellows and from God?"

Bedeveled cause great and continual trouble to (p78)

"Bygones be bygones" What's done is done; don't worry about the past, especially past errors or grievances. (p79)

Conspired working together to bring about a particular negative result (p79)

Callous Showing or having an insensitive and cruel disregard for others. (p81)

Contemptuous Showing contempt (The feeling that a person or a thing is worthless or beneath consideration.); scornful. (p80)

Debris Scattered pieces of rubbish or remains. (p77)

Exhaustive fully comprehensive; to exhaustion (p79)

Extricate Free (someone or something) from a constraint or difficulty (p80)

Falters Lose strength or momentum. (p82)

Festering becoming worse or more intense, especially through long-term neglect or indifference (p77)

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"Fetch ourselves up sharply" abruptly stop and take notice of where you are (p78)

Fortify Strengthen (someone) mentally or physically. (p82)

Fundamental Forming a necessary base or core; of central importance. (p80)

"Good man's fault" Socially acceptable if you have your life together (p79)

Hinder Make it difficult for (someone) to do something (p79)

Insight An accurate and deep understanding (p80)

Isolation Cause to be or remain alone or apart from others. (p82)

Jealousy Feeling or showing an envious resentment of someone or their achievements, possessions, or perceived advantages. (p80)

Lavish Sumptuously rich, elaborate, or luxurious. (p81)

Mend Repair (p79)

Motives A reason for doing something (p79)

Minute Extremely small (p81)

Miserly A person who hoards wealth and spends as little money as possible. (p81)

Paramount More important than anything else; supreme. (p80)

Ponder Think about (something) carefully (p81)

Ransack search thoroughly (p81)

"Redouble his Efforts" to greatly increase your effort as you do something (p77)

Restitution The restoration of something lost or stolen to its proper owner (p79)

Roster a list (p81)

"Rule of iron" forcing your own opinion and disregarding others (p81)

Subtle so delicate or precise as to be difficult to analyse or describe. (p81)

Superficially As to the outward appearance only; on the surface. (p80)

"Tosspot" another word for a drunkard (p78)

"(toss)Pot calling a kettle black" a person who is guilty of the very thing of which they accuse another (p78)

Unsparing Merciless; severe (p77)

Wallow indulge in an unrestrained way in something one finds pleasurable (p81)

Wretched in a very unhappy or unfortunate state (p78)

"Became willing to make amends to them all"

"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." (p. 76 BB)

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More questions for reflection and discussion:

1. Have I reviewed the list to make sure it includes all the persons I've harmed?
2. Have I discussed the list and the circumstances with my sponsor to make sure I understand the nature of the harms done?
3. Do I feel guilty about things I've done or ashamed of myself for doing them? Do I understand the difference between guilt and shame? Have I discussed these feelings with my sponsor and do I understand how the 8th and 9th Steps can relieve them?
4. Have I prayed for the willingness to make amends to everyone on the list and for willingness to forgive those who've harmed me?
5. Is there anyone on the list I'm not yet willing to make amends to? If so, then why not?
6. Do I understand how holding onto resentments hurts me and my loved ones . . . that by refusing to forgive and make amends I am giving those who wounded me the power to keep me trapped in a painful past?
7. If there are still persons I'm unwilling to make amends to, am I at least willing to ask God for the willingness to forgive?

	HELPFUL GUILT (HEALTHY)	UNHELPFUL GUILT (UNHEALTHY)	SHAME
DEFINITION	Helpful guilt is a feeling of psychological discomfort about something we've done that is objectively wrong.	Unhelpful guilt is a feeling of psychological discomfort about something we've done against our irrationally high standards.	Shame is an intensely painful feeling of being fundamentally flawed.
EXAMPLE	Chris hit someone while driving drunk and feels guilty.	Pat forgot a coworker's name and feels terribly guilty about it.	Jamie feels like a worthless person who is only taking up people's time and wasting space in the world.
CAUSE OF FEELING	Helpful guilt is caused by actions or behaviors that break objective definitions of right and wrong.	Unhelpful guilt is caused by actions or behaviors that break irrationally high standards.	Shame is caused by an innate sense of being worthless or inherently defective.
WHY WE FEEL THIS	We act in a way that breaks objective standards of moral behavior.	We act in a way that breaks irrational standards of behavior developed early in childhood to please an adult.	We see ourselves as unworthy and deeply flawed.