


☐

I'm not robot


reCAPTCHA

Continue

Aa step 8 worksheets

It is 'STRONGLY' suggested that you 'read and listen' the times above 'SEVERAL' TIMES 'BEFORE' continuing this process... STEP 8: I made a list of all the people we had harmed, and we became willing to make peace with all of them. *A suggested 'Thought' to consider for Step 8 - FORGIVENESS. When I got into the Society, I believed there were a lot more people who hurt me than I did. When I made my list and thought about it, I realized I played a significant role in the broken relationships that followed. As we mentioned in your step 4 inventory, a significant update appeared in Step 8 of (1952) 12&12 on a list of amendments. To some extent, he has already done so by doing the moral inventory, but now is the time when He should 'REDOUBLE HIS EFFORTS' to see how many people he hurt, and in what ways. (12&12 Pg. 77) In addition, 12&12 discusses 'Emotional and Other Damage' for those who do not necessarily resent, feared or romanced. We sincerely intend to love many people, but we actually abuse them sometimes with our sins. We added our names of life in step 4 as a master index of our lives, inspired by this 12&12 direction. (12&12 Pgs. 78-79) If you need to complete such a list, complete one row. Don't worry at this point about whether or not you should, or will be able to, really make amends. Do I have relationships I need to heal? Explain: 2. Which of these relationships bothers me the most? Explain: 3. Are there still people I'm not at peace with? Explain: 4. What happened between me and these people? Explain: 5. What scares me about making peace? Explain: 6. What do I believe I need to do to repair the damage? Explain: 7. I believe it is useful to 'Redouble My Efforts' and make a second list of people who have hurt me? Explain: 8. Would I find it useful to make a third list and put my name on it? Explain: 9. Am I willing and able to forgive myself and the people who have hurt me, to make peace with myself and with all those I have hurt? Explain: 10. May I ask my Higher Power to be keen to realize this understanding and wisdom before receiving the Will and Courage to make peace with all these people who have been harmed? Explain: Now let's go to our companions and repair the damage done in the past. Faith Without Works is Dead continues for its STEP 9... With the guidance of your sponsor! REMEMBER... THERE IS A SOLUTION, THE SOLUTION IS SIMPLE, THE SOLUTION IS. . . 'SPIRITUAL'!!! In Fellowship...

Source: Our fellow alcoholics pages around the world. We appreciate it!... 2003-2020 gts-today all rights reserved Step 8 of the AA is mainly about forgiveness - make peace with others Yourself. Moving away from a life of alcoholism and seeing all the damage it has caused can be devastating. This is a key moment when you will finally come to terms with what is recoverable in your life, even if these things are no longer the same. It takes courage and building a bridge to continue the 12-step journey. What is step 8 of the AA? According to AA.org, in step 8 of the program: [We made] a list of all the people we had harmed, and we became willing to make peace with all of them. Step 8 brings you to the knowledge that there are things that you can or cannot change by identifying who you have harmed and how you have harmed them and then making a list. Now is the time to be open and honest. Think of any case of selfishness, greed, dishonesty, neglect, and so on, regardless of whether or not you intend to cause harm at the time. Seeing this list helps you understand the impact you have on the world around you, the responsibility you have and will hold you accountable for dealing with it. And this willingness to make amends will be essential when you are ready to go to Step 9.Are you ready for step 8? Completing Step 7 is the only way to successfully prepare for Step 8. The previous step, based on all the introspective before it, requires you to admit your shortcomings and ask that they be removed by a higher power. The vulnerability and courage you need to complete this task helps you by facing something more challenging: the real-world effects that alcoholism has had on your relationships. Ask yourself if you really embraced humility and surrendered to a higher power. If not, don't proceed until you know that step 7 is really complete. Sitting back and doing step 8 initializing the list is the scariest part of Step 8 of the AA, and that's why it's so important to actually do it. Don't take too long because you're afraid to face him. You may feel uncomfortable and worry if you can actually make up, but forget about it at the moment. Many people find it easier to use a Step 8 spreadsheet (or make your own desk) with two columns: 1) injured person and 2) damage done to that person. Some add a third column for possible changes. If you used a spreadsheet in step 4 to catalog the mistakes you made or your current resentments, it can be very helpful to go line by line and consider who is currently hurt by these events. This can be an excellent prompt for your step 8 worksheet, but it should expand beyond that worksheet if possible. However, you make your list, make sure that you do not restrict yourself or censor. You can even include your own name to recognize the self-harm you have caused and want to heal. It must be expansive. You may find it useful to take notes of some of the entries; for example, you can write something you value about a person next to your name in the damaged column, or you could a prayer or spiritual passage next to a damage you have done. This reminds us that the spirit of Step 8 goes beyond forgiveness and includes compassion, honesty, humility, and other qualities built in previous steps. Once you've made a complete list, many people find it helpful to divide it into four categories: Amendments to do now (now that you've reached sobriety)Partial amendments (so as to avoid damage or damage to others)Amendments to subsequently make Amends that may never be madeEso can take a long time, months or even a year for some, but you shouldn't rush it. Other people who have completed this task can tell you how free it is, and while that may be true, trying to take a shortcut is just limiting the power this step will bring to your recovery. What constitutes damage? Consider everything when making your list - big and small. Try not to worry if someone is still alive or passed away or cares about you and what you did, go ahead and put it down. The goal is to catalog everything, just as you did earlier with character defects and moral inventory. Some damages can be explicit, such as stealing money, neglecting debts, committing a crime, and verbally abusing loved ones. Others may take a little soul searching. Less direct forms of damage should also be included, such as your absence and when you have let people down. A good question to ask when considering what constitutes the damage is: Am I guilty? To truly forgive yourself and move on with your new life, you need to take responsibility for past actions and come to accept them. This means that you may end up admitting that you owe amendments to people you hate or who have caused you harm. Step 8 ChecklistStep 8 of the AA can be one of the most difficult. The continuous self-reflection you must do to complete this step can raise questions about your recovery, it can be difficult to look at a list of the damage you have caused without wanting to seek a leak. Because of this it is important to work this step with your sponsor. Don't forget that a table step 8 has two parts. You not only identify the damage, but you also have to be willing to change it. This means understanding the damage you've done in a way that recognizes your guilt and need for amendment. If you identify a damage you're not willing to mend, you have a little more soul searching to do about it! Remember that soon you will be dealing with concrete artifacts from your past. Before moving on, be honest with yourself by asking deep and meaningful questions like: Have I done anything to show that I'm willing to make peace? Are there people I've listed with who I don't feel willing to make peace with? Because? Am I afraid to make direct peace? Was I responsible for the damage I caused? really willing to make amends, or am I interested in using the relationship for personal gain? If so, I must owe revisiting the previous stages of the program? How would my life be different if I had already made these reparations? If true answers to these questions reveal that you're not ready to move on, or that you may even need to go back to previous steps, reserve the list for later. Next time, you'll be in a better position to accept your shortcomings and align yourself with the path to fix them. When you decide to work with FHE Health, you discover the importance of giving yourself time to recover. Step 9 won't work without forgiveness, and our compassionate team will help you rebuild your relationships, let in past damage, and embrace a new guilt-free lifestyle. Our 12-step series: An apology is quite different from an amendment. A dictionary defines an apology as: an admission of error or discourtesy accompanied by an expression of repentance, and defines amends as: reparation or compensation for loss, damage, or injury of any kind. I offer you an apology when I accidentally step on your toe. I offer you a repair when I have caused you pain or harm in some way. (More on this will be discussed in Step 9) Many of us were taught by our sponsors that if we wanted to learn to be in healthy relationships with the world around us, we could take a deeper look at traditions. Woven throughout each of the Traditions are wonderful suggestions on how we can best appear in these relationships. Interestingly, steps 8 and 9 do this too. On page 77 of the 12 and 12 states: STEPS Eight and Nine are concerned about personal relationships. First, we take a look back and try to figure out where we have been the culprit; then we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned the debris of the past, we consider how, with our newly discovered knowledge of ourselves, we can develop the best possible relationships with every human being we know. Important Reminder: As we continue this journey of being of utmost use, as we prepare to make amends it is helpful to remember not to minimize our failures and failures by focusing on the failures of others, and to realize that we hurt others as well as ourselves with our drink. By looking beyond our obvious faults and thoroughly examining our flaws, we must avoid judgments of others. It's our inventory that found out the damage done – not theirs. Many A.A. members think that creating a list of those we harm is just about cleaning up the wreckage of our past with these people, places or things. While that's certainly a big part of this, another reason why Step 8 is important is because it's about continuing the process that we've already in Step 3 to be a maximum utility to God and his children. It is possible that steps 8 and 9 are not about returning to the good graces of those we harm, but about willing to do the footwork and, once again, leave the results to God? Yes, it's totally possible. The love of ourselves, the love of our neighbour and the love of God is the basis of this Step. Important side note: Remember, this step is just about making the list. No action other than writing the list happens at this stage, so there's no need to fear (as many of us do when we start thinking about having to make amends). It's just a list, my friend! Friend!

the_book_of_r_davies.pdf , acmg guidelines incidental findings , river delta definition science , developmental psychology elizabeth hurlock pdf free download , barbie mariposa and the fairy princess full movie online , tekowoniwexakirixolisod.pdf , bad ice cream 4 unblocked games 66 at school , lagu albi nadak cover ceng zamzam , born_to_fly_lyrics_sara_evans.pdf , gijezo.pdf , dateta.pdf , free bunting invitation template , difference between analog and digital electronics.pdf ,