



Step Study Meeting

Step 8

Telemeeting Version

v.3.0.0.2

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



Path to Healing and Recovery
Cambridge - Guelph - Waterloo - Dufferin County

Tri County Recovery - SAA

of The Path to Healing and Recovery Group

<https://tcr.p2har.org>

info@tcr.p2har.org

toll free : 844-523-8575, ext 10827

Week 1 - Step Eight

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

With the Eighth Step, we begin to take responsibility for the harm we inflicted on others when we acted on our character defects. Most of us know that we caused harm in one way or another, but in the past we chose to feel guilty without doing anything about it. It was frightening to consider the consequences of our wrongs, and we felt helpless to take action. Or we were too self-absorbed to notice the wreckage in our wake—so wrapped up in our own resentments and hurts that we were unwilling to recognize our part of the problem. However, as we progress in recovery, we seek to reclaim the truth about our actions. Working Steps Four through Seven helps our responsibilities become clearer. In Step Eight we claim both our integrity and our compassion, and become willing to free ourselves from the guilt we have carried.

Volunteer reader

We start by writing a list of all the persons we have harmed. Our Fourth Step inventory can be very helpful in making this list. Going back over our inventory, we will see the names of many people we resented, feared, neglected, or harmed with our sexual acting out. Most of these names will go on our Eighth Step list. Paying attention to the shortcomings outlined in our Fourth Step may also trigger memories of the harm we have caused to other people over the years because of these defects. The point is to make the list as complete as possible, trying not to leave anyone out. Whereas in Step Four we looked at our painful relationships to help us uncover our character defects, in Step Eight we focus on the individuals affected by these defects, in order to see how we have harmed each one.

moderator

Although we have recorded a detailed inventory in the Fourth Step, it is a different thing altogether to admit the truth to ourselves. We need to be careful to acknowledge the exact nature of our wrongs inwardly, so that denial can give way to acceptance. Sharing our inventory with another human being helps in this process. When we hear ourselves admitting our wrongs to someone, explaining all of the details out loud, our past begins to make more sense, and we can start to view our lives with more clarity. As the reality of our shortcomings sinks in, we can bring them, in humility, to our Higher Power. Our deepest acceptance comes when we know that the God of our understanding loves us no matter what we have done.

Volunteer reader

We also list those who have been harmed by our dishonesty, self-centered attitudes, or other behaviors that arose from our character defects. We may have lied or made false promises to people, even to those we felt closest to. We may have been critical, impatient, argumentative, judgmental, financially irresponsible, vengeful, or mean. We also list people we harmed by our neglect, by not “showing up” for our lives. Perhaps we were too busy for family or friends, missed important events, were preoccupied, withdrawn, isolated, or uninvolved in our work, or completely abandoned our families or loved ones.

moderator

Eighth Step Prayer

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

My Saviour

I ask Your help in making my list of all those I have harmed.

*I will take responsibility for my actions,
and begin to clear my past mistakes.*

Grant me the willingness to begin my restitution.

Amen

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

moderator

Week 2 - Step Eight

moderator

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

We work this step most effectively when we keep our attention squarely on the Eighth Step, concentrating only on our willingness to make amends to those we have harmed, rather than worrying about how to actually make our amends in Step Nine. The amends process is broken into two steps for a reason, allowing us to take the time we need to become truly willing before moving forward. At this point, we only need to be honest with ourselves about the harm we have done. We stay focused on this work, letting go of any worries we may have about the future. Our Higher Power is with us throughout this process.

Volunteer reader

Many of us were surprised when it was suggested that we put our own name on our amends list. We forgot to take into account the harm we did to ourselves. In our addiction, we often took poor care of ourselves and acted in self-destructive ways. We may have betrayed our own values or damaged our sense of self-worth. Putting our own name on the list helps to develop a sense of compassion for ourselves and encourages us to begin treating ourselves with care and respect.

moderator

When we have completed our list, most of us ask our sponsor to go over it with us and provide feedback. Our sponsor may make suggestions about people or incidents that we've overlooked, or suggest that we take certain names off the list. Some of us feel guilty for things we are not responsible for. Our sponsor can help us sort these things out, encouraging us to be thorough without being too hard on ourselves.

Volunteer reader

After we have completed our list, we often experience difficulty in becoming willing to make amends, especially if we feel that the people we hurt caused us harm as well. Justifications and rationalizations for our behaviors may reassert themselves. If we are angry with someone, it is hard to think about making amends to that person. We may wish that he or she would make amends to us first. But in order to become willing, it is essential that we focus only on our own behavior, not on someone else's. Our part may be small, but we concentrate on that part.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Eighth Step Prayer

*Honesty in who we hurt,
If I hurt you,
I dare not ask you to forgive me
for that is not my right to ask
I pray you find healing.*

Amen

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

moderator

Week 3 - Step Eight

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

We have found that when we hold on to old grievances, we are prevented from growing spiritually. In many cases, our list contains names of people with whom we have unfinished business. If our life is full of these unfinished conversations, our mind is filled with regrets and “what-ifs.” Working this step means finding the willingness to bring resolution to these relationships, regardless of whether or not those involved behaved rightly towards us. This process of becoming willing to make amends involves a deeper surrender to our Higher Power’s will than we have known before.

Volunteer reader

Some of us have felt trapped in our feelings about the past. We have felt great sorrow and grief over our actions and the losses that resulted from them. Sometimes we felt so ashamed that to talk of it further seemed almost unbearable. If we feel overwhelmed in this way, we turn to the God of our understanding and to our program friends for support in facing the pain of our actions and finding the willingness to make amends. Our lives are in God’s care, no matter what harm we may have caused. We muster our courage, in the faith that our willingness to continue with this step will both dramatically reduce our suffering and allow us to acknowledge the suffering we have caused to others.

moderator

Empathy with those we have harmed is a sign of our willingness to make amends. This process cannot be rushed. We may never be able to fully understand what those we have harmed have gone through, but we can ask for the willingness to have this understanding given to us, in God’s time.

Volunteer reader

Eventually we find the willingness to proceed with our amends. However, we don’t expect to work Step Eight perfectly. If we’re not feeling totally ready in every case, or if we’re still unsure about some names on our list, we can still move forward and not get stuck here. We can always return to Step Eight at another time and go deeper. Now that we have been honest about the harm we have caused, and have become willing to do what we can to make amends, it is time to take action. We are ready for Step Nine. loved ones.

Eighth Step Prayer

Higher power,

I ask Your help in making my list of all those I have harmed

I will take responsibility for my mistakes

and be forgiving to others as You are forgiving to me.

Grant me the willingness to begin my restitution.

This I pray

Amen

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Week 4 - Step Eight

Week 4 will always be the week we have a business meeting. September will have a full business and group consciousness meeting. Time permitting we can resume to a normal meeting.

SAA Tri County Recovery – Group Conscience Meeting

1. Chairperson calls the meeting to order with a moment of silence.
2. Open with the “We” version of the Serenity Prayer
God,
grant us Serenity to accept the things we cannot change,
Courage to change the things we can
and Wisdom to know the difference.”
3. Read the 12 Traditions.
 1. Our common welfare should come first; personal recovery depends upon SAA unity.
 2. For our group purpose there is but one ultimate authority — a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
 3. The only requirement for SAA membership is a desire to stop addictive sexual behavior.
 4. Each group should be autonomous except in matters affecting other groups or SAA as a whole.
 5. Each group has but one primary purpose — to carry its message to the sex addict who still suffers.
 6. An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
 7. Every SAA group ought to be fully self-supporting, declining outside contributions.
 8. Sex Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
 9. SAA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
 10. Sex Addicts Anonymous has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.
 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.
 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.
4. Service Prayer: by those members present who choose to participate.
“God,
grant us knowledge that we may serve according to Your
Divine precepts.
Instill in us a sense of Your purpose.
Make us servants of Your will and grant us a bond of
selflessness,
that this may truly be Your work,
not ours – in order that, no addict, anywhere, need die
from the horrors of addiction.”

5. Secretary takes attendance and records minutes.
6. Members will please raise hands to be recognized by the chairperson to speak.

Agenda

- a. Secretary reads last meeting's minutes (discussion if needed). Motion to accept minutes is made, and seconded, and vote taken.
- b. Treasurer's Report. Motion to accept report is made, and seconded, and vote taken.
- c. GSR's Report. Motion to accept report is made, and seconded, and vote taken.
- d. Trusted Servant's Report (Literature, Supplies, etc.). Motion to accept report(s) is made, and seconded, and vote taken.
- e. Old business (New business from previous meeting is mentioned, discussed and voted on, if necessary).
- f. New business
 - i. Are there any group issues or concerns that the group needs to address? (If necessary, table motions and vote or carry motion to next group conscience meeting).
 - ii. Elections (if necessary).
- g. Determine chairperson for next month, by willingness of those present.
- h. Announcements for the good of SAA.
- i. Close with the We version of the serenity prayer.

God,
grant us Serenity to accept the things
we cannot change,
Courage to change the things we can
and Wisdom to know the difference."

Time permitting, return to main program and continue with the normal meeting. We will return here for the sharing and weekly reading portion and then later for the prayer later in the main meeting.

Week 4/5

At the discretion of the moderator the format for week 4 will vary.

The format may be a speaker meeting, a discussion meeting with discussions on the Step or, discussion on items in general.

If this is a discussion meeting on Step 1, go to the next page, otherwise refer to the Week 4-5 supplemental bulletin.

Moderator - if you choose a discussion format, read the section on the next two pages and then proceed to the discussion questions and choose a few for the group to think about.

Week 4/5 Step Reading

moderator

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

What Is the Purpose of This Step?

How Do You Complete This Step?

What Are Some Myths About This Step?

Keep an open mind: Set yourself up for success. Be open to the idea of looking outside yourself for help and support, and you'll be able to better conceive of the idea of recovery.

Maintain humility: Accept that you can't conquer your addiction alone.

What Are Some Myths About This Step?

If Step related discussion questions format selected start here

Step 8 Discussion Questions

Moderator - pick a few questions for people to reflect on.

1. Why is it necessary to "Make a list of all persons you have harmed and become willing to make amends" before you can start relating harmoniously to God and to other people?
2. What is your definition of sanity?
3. Did you deeply and honestly search all your motives and actions in your past and present relationships when completing your list of any amends you may need to make?
4. Think carefully of past relationships and any resentments you may have and check your own part in creating these disturbances. Discuss on at least one of these relationships.

5. What emotional harm have you done to yourself?
6. What kinds of harm have you done to others?

Non Step related Discussion Questions

1. Often times, a person's relation with drugs, alcohol, acting out and other compulsive behaviours will change over time. For example, you might've initially acted out only a few times a month as a fun way to relax, but, eventually they became everyday necessity. How has your relationship with acting out behaviours changed from early on to now. Do you still act out for the same reasons or have those reasons changed.
2. The rituals and activities that surround acting out can be difficult to give up. For example, a smoker might enjoy the ritual of having a cigarette - not just the nicotine. Similarly, a sex addict might have difficulty saying goodbye to their strip club buddies, dancers or mistresses. What are some rituals or activities that you associate with acting out, and how do you feel about giving them up. Do you think you can achieve sobriety without changing your lifestyle.
3. Some people say that addiction is a disease, and others think it's a choice. What do you think and why? How do you believe counseling, support groups or other treatments could help a person who struggles with addiction.

moderator

Eighth Step Prayer

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

I come to today in need of wisdom and discernment.

I seek to communicate in a loving, respectful way,

I seek courage to say the hard things.

Please help me to stop avoiding unpleasant conversations.

Today I seek courage to do these things I know are right.

Amen

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

