

Week Ten

READ AT EVERY MEETING

PURPOSE - CHANGE OF PERSONALITY

THE PURPOSE OF THE NOVALCO METHOD OF A.A. IS TO EFFECT A CHANGE IN ATTITUDE. BY USING THE STEPS, THIS CAN BE ACCOMPLISHED IN A RELATIVELY SHORT TIME, USUALLY THREE TO FOUR MONTHS. WHEN THIS IS ACCOMPLISHED THE NEW MEMBER HAS LESS CHANCE OF TAKING A DRINK. AFTER THE MEMBER HAS COMPLETED THE STEPS, HE OR SHE THEN GROWS AS THE REGULAR MEETINGS ARE ATTENDED. HAVING DONE THE STEPS IN SEQUENCE, THE GROWTH AND MATURITY SEEM TO COME EASIER AND FASTER. THE MEMBER GAINS THE PEACE OF MIND, SOBRIETY, SERENITY AND HAPPINESS, THAT ALL ALCOHOLICS ARE SEARCHING FOR.

THE PURPOSE - TO CHANGE OUR THINKING AND GIVE US A SPIRITUAL AWAKENING IN A REASONABLY SHORT PERIOD OF TIME.

BY ACCEPTING THIS CHANGE AND WORKING THE PROGRAM ON A TWENTY FOUR HOUR BASIS, SOBRIETY IS NOW A FACT OF LIFE.

1. MOMENT'S SILENCE
2. SERENITY PRAYER IN UNISON
3. REVIEW LAST WEEK.

REVIEW STEP 7 AND REAFFIRM COMMITMENT

SUGGESTIONS FOR CHAIRMAN ON STEP EIGHT

THE FIRST QUESTION THE CHAIRMAN SHOULD ASK IS WHETHER OR NOT EACH MEMBER DID STEP 7?

THE IMPORTANT PART OF THIS STEP IS "A LIST" AND "WILLINGNESS". WE MADE A LIST IN STEP 4 SO THIS SHOULD NOT BE SO HARD AT THIS STAGE.

WE SHOULD THINK IN TERMS OF PUTTING OUR HOUSE IN ORDER IN A SANE POSITIVE MANNER. "A LIST" OF PERSONS WE HAD HARMED. NO DOUBT THERE ARE MANY PEOPLE WE HAVE HARMED OVER THE YEARS AND SOME WE MAY HAVE FORGOTTEN ABOUT? LET THESE SLEEP.

ON THE OTHER HAND, THERE ARE MANY WE THINK ABOUT EVERY ONCE IN A WHILE. **THESE ARE THE ONES WE WANT TO LIST.** WE MAY HAVE HAD A SCENE WITH THEM, OR SAID SOME UNKIND WORDS TO THEM, PULLED A MEAN TRICK ON THEM OR HAD A LOUD ARGUMENT WITH THEM WHEN WE WERE REALLY WRONG OR WRONGLY ACCUSED! THESE ARE MERELY A FEW SUGGESTIONS.

YOU PERSONALLY KNOW THE TYPE OF WRONGS WITH RESPECT TO OTHERS THAT BOTHER YOU. ANOTHER MAY BE CREDITORS OR INSTITUTIONS.

AFTER COMPLETING THE LIST, WE MUST DECIDE IF WE ARE WILLING TO MAKE AMENDS. WILLINGNESS IS VERY IMPORTANT. IT IS DIFFICULT TO BE SINCERE IF ONE IS UNWILLING. **SO GIVE THIS PART OF THE STEP DEEP THOUGHT.**

KEY #1

A PLANNED EXERCISE FOR CORRECTING PAST MISTAKES.

KEY #1A

IT IS A PROVEN "WAY OF LIFE" BY WHICH THE ALCOHOLIC CORRECTS HIS PAST MISTAKES AND MAKES RESTITUTION TO RELATIVE, FRIEND, OR ENEMY AS HE EFFECTS HIS OWN RECOVERY FROM THE PHYSICAL, MENTAL AND SPIRITUAL RAVAGES OF ALCOHOLISM.

KEY #2

IT IS IMPORTANT NOT TO TAKE THIS STEP LIGHTLY. ONE WHO DOES THIS WILL NOT GET THE TRUE VALUE FROM THIS STEP. SOMETIMES, WHEN WE HAVE BEEN SOBER A FEW WEEKS, WE SAY THINGS ARE GOING JUST FINE, I DON'T HAVE TO WORRY TOO MUCH ABOUT THIS STEP - THIS IS DANGEROUS THINKING, AND COULD LEAD TO TROUBLE. MAKE THE LIST AND TRY TO BE WILLING.

KEY #2A

THESE STEPS WORK IN CONJUNCTION WITH EACH OTHER. WE HAVE A LIST OF THOSE WE HAVE HARMED - WE HAVE A LIST OF THOSE WE ARE FINANCIALLY OBLIGATED TO.

HAND OUT THE AMEND LIST GUIDE PROVIDED.

GROUP READS 12 X 12 - STEP EIGHT

COMMITMENT:

"WILL YOU A LIST THIS WEEK?"

"WILL YOU BECOME WILLING TO MAKE AMENDS?"

ASK MEMBERS TO READ ANOTHER PERSONAL STORY IN THE BIG BOOK THIS WEEK.

HOME STUDY:

BIG BOOK - CHAPTER 10 TO EMPLOYERS

12X12 - STEP 8

AMMEND LIST GUIDE

The purpose of this guide is to bring to mind some of the types of people who we may have harmed - the member likely has some names ready that come up in Step 4. Refer to Page 76 of "The Big Book" and Page 79 of "Twelve by Twelve":

OUR FAMILY:

People like ourselves had the knack of hurting the people that love us the most and whom we love the most. Let us consider them first for our list.

FRIENDS:

We have hurt many of our friends without even knowing it. Our friends didn't leave us we left them. In many cases we wouldn't let them be our friends any longer. They are still our friends if we let them. Do not forget the friends we have hurt.

CREDITORS:

Most alcoholics have avoided at least some of our creditors. Some of our creditors force us to face up to our obligations, however, there are some that do not put too much pressure on us, and so we ignore and avoid them. Keep a place on our list for them.

DECEASED:

It is wise to place these people on our list even though we cannot do anything about it. It is good for us to at least recognize the fact we have harmed them.

ENEMIES:

We may not have any enemies but if we do please put them down. Having enemies and hate is a luxury an alcoholic cannot afford. If we do they should be catalogued.

ANYONE:

If there are persons who do not fall in the above categories add them to the list. What about the person who we walk across the street to avoid or the fellow in a crowd or party we manage to stay away from, or at least out of direct contact. We know who they are and should put them down.