

Assignment 24 –Step Eight

1/20

1. Read and highlight Step Eight from page 59 of the Big Book.
2. Read and highlight from the paragraph after the Step Seven prayer on page 76 of the Big Book to the bottom of page 83, not including the last paragraph.
3. Read and highlight Step Eight from the Twelve Steps and Twelve Traditions, if you have the book.
4. Use 3 x 5 cards for each person or institution, or any paper will do. On the card, put the name of the person harmed; the specific harm done; the action you took; what was the negative impact on them from your behavior. As necessary, make notes, keep details, dates, etc., until you have completed the amends. (Pages 76 to 83 in the Big Book gives examples of amends.)
5. Then review each of your cards and write down the specific amend you believe will address/repair the harmful behavior done.
6. Review each of the cards with your sponsor/step guide before you make the amend. If your sponsor/step guide doesn't have a specific experience to make that amend, find another person to help you prepare to make that specific amend.

OPTIONAL Bonus Wisdom:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOUTUBE STEP EIGHT (SESSION 38)

THE BEDEVILMENTS (page 52)

- We were having trouble with personal relations.
- We couldn't control our emotional natures.
- We were prey to misery and depression.
- We couldn't make a living.
- We had a feeling of uselessness.
- We were full of fear.
- We were unhappy
- We couldn't seem to be of real help to other people.
- And, most of all.

THE PROMISES

- We will lose interest in selfish things and gain interest In our fellow. Self-seeking will slip away.
- We will comprehend the word serenity and we will know peace.
- Our whole attitude and outlook upon life will change.
- Fear of people and economic insecurity will leave us.
- That feeling of uselessness and self-pity will disappear.
- We will intuitively know how to handle situations that used to baffle us.
- We are going to know a new freedom and a new happiness.
- No matter how far down the scale we have gone, we will see how our experience can benefit others. We will not regret the past nor wish to shut the door on it.
- We will suddenly realize that God is doing for us what we could not do for ourselves.