

CELEBRATE RECOVERY

A dmit the hurt and the harm

- The hurt and harm you have done to others
- This helps us take the responsibility needed

M ake a list

- Make a list of all persons you have harmed
- After making a list of persons, now start listing the harm and hurts you caused
- Once you identified how you hurt them, good idea is to write out what you want to say-in bullet format
- Step 4 inventory sheets will help you make your amends list
- Columns 4 & 5 will help you find the list of people to whom you owe amends
- Don't worry about how you will make an amends at this point, just start "listing"

E ncourage one another

- Don't go at it alone
- Your sponsor and accountability partners are your "sounding boards" here
- Share with your sponsor how you will make amends to ensure right motives

N ot for them

- This is about You taking responsibility for Your actions/choices & making it right
- Approach those who you owe an amends humbly, honestly and with forgiveness
- Don't offer excuses or attempt to justify your actions
- **Focus only on YOUR part**

D o it at the right time

- Make sure you have "worked" the first 8 steps before making an official amends
- Discern when and how is the best time and way for YOU and for THEM

S tart living

- Live out the promises of recovery and God
- Some amends are not "one time" deals
- Be a living amends by your actions and how you live

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KEY NOTES:

1. As you begin to compile your list for Step Eight, and/or work through Step Nine, do so with the guidance of your **CR 12-step sponsor**. These individuals know the process, have worked it themselves, and can help you avoid the pitfalls that could derail your sobriety or recovery.
 2. Step Eight and Step Nine are concerned with personal relations. It's more about taking a rigorous approach to looking at your past and being able to admit your wrongdoing to others.
 3. Some obstacles to completing Step Eight include: reluctance to forgive; non-admission of wrongs to others; purposeful forgetting; justifying and rationalizing.
 4. Those seeking to make amends must exercise prudence, good timing, discernment and have courage. You need to take "calculated chances," but not at the expense of others. If your idea of making amends causes further hurt to others, it's just the opposite of making amends. You need to use discretion.
 5. There will be those important people in our lives who ought to be dealt with immediately, just as soon as we become reasonably confident in our amends process (example: spouse, close family, children etc.).
 6. Likewise, there will be others where action is deferred, depending on the situation, until a later time. Must use complete discernment here.
 7. For abuse survivors, Step 9 may be a bit different. It will focus greatly on *forgiving* perpetrators. In the event that an amends is to be made to an abuser, it may be more appropriate to do so via an unsent letter which is shared with a sponsor rather than attempting face-to-face meeting. It is important that our own safety be taken into account during this step as well as that of others.
(A special Twelve Steps for Abuse Survivors exists. Copies can be provided.)
- **Please continue to ask questions through this process!**